

LONG BEACH PARKS, RECREATION AND MARINE

RECREATION CONNECTION

SEPTEMBER - NOVEMBER 2023 · REGISTRATION BEGINS AUGUST 7
LB PARKS.ORG



**EL DORADO PARK EAST
ARCHERY RANGE**

FALL 2023

Classes and Activities For All Ages

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CITY OF
**LONG
BEACH**



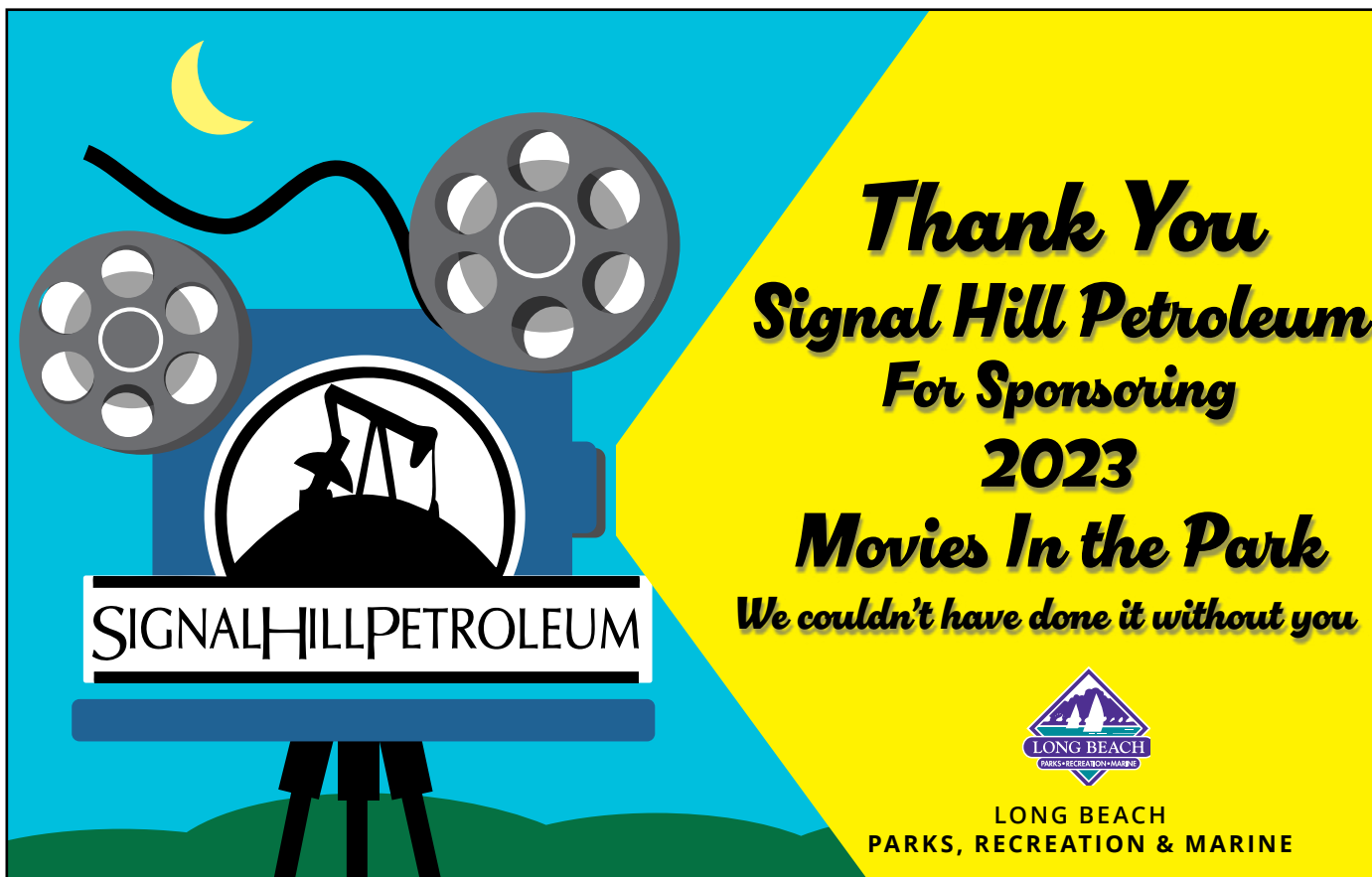
BRENT DENNIS
Director, Long Beach Parks,
Recreation & Marine and
Animal Care Services

After an amazing summer of fun throughout our parks and across our beautiful beaches these past few months, I think you will fall in love with our autumn activities that are offered within this program guide. A bounty of leisure and educational classes, enrichment programs, and fitness fun promise to lure you into participation. We look forward to welcoming Long Beach's wide spectrum of age and abilities of our residents into many of these engaging opportunities.


Please take special note of registration timeframes so you do not miss out on any of your favorites or top choices.

I hope you make the most of your autumn days when Long Beach is the best place to recreate and elevate the fun factor of life. Parks Make Life Better....and Parks Make Long Beach!

**Parks
Make
Life
Better!**



***Thank You
Signal Hill Petroleum
For Sponsoring
2023
Movies In the Park
We couldn't have done it without you***


LONG BEACH
PARKS, RECREATION & MARINE

PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a nurturing social setting.

COOKING

PRE-SCHOOL CAKE DESIGN

If your child loves to color and paint, then try this cake design class! Students are given a theme and pre-made 4 inch cake to decorate and bring home to share with family and friends. Students will learn to spread frosting, mix colors and have fun using their own creativity. This is a relaxing and hands on class, an art class on cakes! Ages: 2 years, 6 months-7 years old. Material fee: \$60.

A Yummy Future		El Dorado Park West	
59251	9/9-9/30	11-11:45 a.m.	Sa \$90
59252	10/7-10/28	11-11:45 a.m.	Sa \$90
59253	11/4-11/25	11-11:45 a.m.	Sa \$90

PRESCHOOL COOKING THYME!

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and we empower your little one to create their own special healthy snacks. A great introduction to the five food groups! Great for picky eaters! Students are taught kitchen rules and safety, nutrition, spreading, pouring, peeling, rolling, tearing and tossing, stirring, basic chopping with a plastic knife and scissors, measuring, adding ingredients, creating and being creative, dinner etiquette and manners. Ages: 2-7 years old. Material fee \$48.

A Yummy Future		El Dorado Park West	
59254	9/9-9/30	10-10:45 a.m.	Sa \$90
59255	10/7-10/28	10-10:45 a.m.	Sa \$90
59256	11/4-11/25	10-10:45 a.m.	Sa \$90

DANCE

LITTLE PRINCESS BALLET

Dance and dream away in fairytale ballet! Little ballerinas will pretend to be their favorite princesses and dance the stories of the Firebird, Swan Lake and more in this magical beginner class. Ages: 3 years, 6 months-5 years old. Class held at Marina Community Center, Marina Dr., Seal Beach. *No class: 11/23.

Anne Pennypacker		Marina Community Center	
59456	9/21-10/12	3:15-3:45 p.m.	Th \$68
59457	10/19-11/9	3:15-3:45 p.m.	Th \$68
59458	11/16-12/14*	3:15-3:45 p.m.	Th \$68

PETIT BALLET

Bonjour, Little Dancers! Join Miss Anne in a magical adventure into the world of ballet: pliés, sautés, chassés, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! Ages: 2 years, 6 months-5 years old. Class held at Marina Community Center, Marina Dr., Seal Beach. *No class: 11/22.

Anne Pennypacker		Marina Community Center	
59445	9/20-10/11	6-6:30 p.m.	W \$68
59463	10/18-11/8	6-6:30 p.m.	W \$68
59464	11/15-12/13*	6-6:30 p.m.	W \$68

ENRICHMENT

BAMBOLEO BEBE



This joyous class is for babies 10 months to 23 months, accompanied by an adult. Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music, movement, hand play and more. Participating adults will learn traditional folk songs from all over Latin America, new songs and playful activities to take home, as well as connect with others that are interested in immersing their children in the Spanish language. For more information please visit: www.BamboleoKids.com. Ages: 10 months-23 months old. *No class: 11/25.

Susana Paniagua		Heartwell Park	
59380	9/9-10/14	9:15-10 a.m.	Sa \$80
59384	10/21-12/2*	9:15-10 a.m.	Sa \$80

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: www.BamboleoKids.com. Material fee: \$30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book. Ages: 2-4 years old. *No class: 11/25.

Susana Paniagua		Heartwell Park	
59379	9/9-10/14	10:15-11:15 a.m.	Sa \$80
59383	10/21-12/2*	10:15-11:15 a.m.	Sa \$80

BAMBOLEO AMIGUITOS & AMIGOS

Vamos a jugar! Let's play! This is a combined class, ideal for families with two or more children of different ages. Children are immersed in the Spanish language through a unique style of storytelling, music and movement, games, role-play and art. For more information, please visit: www.BamboleoKids.com. Ages: 2-6 years old. Materials fee: \$30. Includes digital files for music, bilingual songbook and story books. *No class: 11/25.

Susana Paniagua		Heartwell Park	
59381	9/9-10/14	11:30 a.m.-12:30 p.m. Sa	\$80
59382	10/21-12/2*	11:30 a.m.-12:30 p.m. Sa	\$80



PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Ages: 2 years-3 years, 10 months old. Material fee: \$20. Adult participation is required. Space is limited. *No class: 11/20 & 11/22.

Readwrite Educational Solution Inc.		Bixby Knolls Park	
59625	9/6-10/2	8:45 a.m.-10:15 a.m. M W	\$145
59620	9/6-10/2	10:30 a.m.-noon M W	\$145
59624	10/4-10/30	8:45 a.m.-10:15 a.m. M W	\$145
59621	10/4-10/30	10:30 a.m.-noon M W	\$145
59623	11/6-12/4*	8:45 a.m.-10:15 a.m. M W	\$145
59622	11/6-12/4*	10:30 a.m.-noon M W	\$145

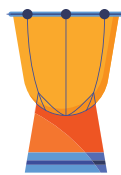
READING, MATH & MORE PRESCHOOL

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized level reading, math and spelling instruction designed specifically for preschoolers. Parent participation is required. Ages: 3 years, 6 months-5 years old. For more information call: (949) 263-0633. Material fee: \$20. *No class: 10/31, 11/21 & 11/23.

Readwrite Educational Solution Inc.		Cherry Park	
59608	9/12-10/5	2:45-3:30 p.m. Tu Th	\$89
59609	10/10-11/7*	2:45-3:30 p.m. Tu Th	\$89
59610	11/14-12/14*	2:45-3:30 p.m. Tu Th	\$89

MUSIC

LITTLE MUSIC MAKERS



A great introduction to making music! Through songs, drum circles and inventive musical activities your child will develop an understanding for the components of music: rhythm, melody and imagination! Ages 3-5 years old. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music	
59274	9/2-10/7	10-10:45 a.m. Sa	\$85
59275	10/14-11/18	10-10:45 a.m. Sa	\$85

SPORTS

BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt. The first week will be practice and team assignments with the remaining weeks being games.

TriFytt Sports		Bixby Knolls Park	
59412	2-3Yrs 9/23-11/4	9-9:30 a.m. Sa	\$129
59413	3-5Yrs 9/23-11/4	9:30-10:15 a.m. Sa	\$129

BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt. The first two weeks will be practice and team assignments with the remaining weeks being games.



TriFytt Sports		Bixby Knolls Park	
59415	2-3Yrs 9/23-11/4	10:30-11 a.m. Sa	\$129
59414	3-5Yrs 9/23-11/4	11-11:45 a.m. Sa	\$129

D-UP TINY BALLERS

D-Up Tiny Ballers is an introduction to the fundamentals of basketball focusing on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Ages: 3-6 years old. Material fee: \$20.



James Christian		Pan American Park	
59348	9/10-10/8	11-11:45 a.m. Su	\$60
59349	10/22-11/19	11-11:45 a.m. Su	\$60

MULTI SPORT

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

TriFytt Sports

Bixby Knolls Park

59416	2-3Yrs	9/23-11/4	noon-12:30 p.m.	Sa	\$129
59417	3-5Yrs	9/23-11/4	12:30-1:15 p.m.	Sa	\$129
59418	1Yr 6Mo-2Yrs	9/23-11/4	1:30-2 p.m.	Sa	\$129

PARENT & ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child develop motor and socialization skills. A variety of soccer activities are played each week and adult participation is required. All kids receive a Kidz Love Soccer jersey. Ages: 2 years-3 years, 6 months old.

Kidz Love Soccer

El Dorado Park West

59428	9/8-10/20	5:25-5:55 p.m.	F	\$162
59429	9/9-10/21	9:25-9:55 a.m.	Sa	\$162

College Estates Park

59430	9/9-10/21	5:05-5:35 p.m.	Sa	\$162
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SKYHAWKS HOOPSTERTOTS

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Skyhawks Sports Academy

Marina Vista Park

59397	3Yr, 6Mo-4Yr, 6Mo	9/15-10/13	4-4:40p.m.	F	\$109
59398	4-6Yrs	9/15-10/13	4:50-5:30p.m.	F	\$109
59399	4-6Yrs	11/3-12/8	3:30-4:10p.m.	F	\$109

SKYHAWKS MULTI-SPORTTOTS

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages. *No class: 10/31.

Skyhawks Sports Academy

Marina Vista Park

59391	2-3Yrs, 6Mo	9/19-11/21*	3:30-4:10p.m.	Tu	\$159
59392	3Yrs, 6Mo-5Yrs	9/19-11/21*	4:20-5p.m.	Tu	\$159



RECREATION CLASS SCHOLARSHIPS NOW AVAILABLE

YOU CAN HELP CHILDREN PARTICIPATE IN RECREATION CLASSES
BY DONATING TO PARTNERS OF PARKS YOUTH SCHOLARSHIP FUND AT:



<https://bit.ly/3v3T6fl>

LBUSD YOUTH AGES 3-18

are eligible to receive scholarships for Parks, Recreation and Marine classes for free, up to \$150 per year. Parents must certify their child/children is/are eligible for free or reduced-price meals at their school to qualify.

Apply online at <http://weblink.donorperfect.com/YSApp>. Spanish application also available online at <http://weblink.donorperfect.com/SPYSApp>.



PARTNERSOFPARKS.ORG

PRESCHOOL PROGRAM



Downtown Preschool

562.283.3454 | Long Beach, CA

Play & Learn Preschool

562.218.4693 | Long Beach, CA

Creative Beginnings Preschool

562.422.2616 | Long Beach, CA

Mayne Preschool

562.804.1976 | Bellflower, CA

First Friendships Preschool

562.984.2358 | Long Beach, CA

70th Street Preschool

562.634.2924 | Long Beach, CA

www.LBymca.org

- Creative Curriculum
- Family Style Meals
- Literacy Program
- Parent Workshops
 - Swim Lessons
 - Field Trips
- Subsidized Tuition for Qualifying Families
- Half Day & Full Day Program Available and more!



NOW ENROLLING

18 Months – 5 Years

SKYHAWKS SOCCERTOTS

SoccerTots is our flaship program! Playable on almost any surface, these soccer-themed motor-skill classes are extremely easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence, while older age classes focus more on developing core soccer skills and personal focus, with an introduction to light competition. Parent participation is required for younger ages. *No class: 11/22.

Skyhawks Sports Academy	Marina Vista Park
59393 2-3Yrs, 6Mo 9/13-10/11 4-4:40 p.m. W \$109	
59394 3Yrs, 6Mo-5Yrs 9/13-10/11 4:50-5:30p.m. W \$109	
59395 2-3Yrs, 6Mo 11/1-12/6* 3:30-4:10p.m. W \$109	
59396 3Yrs, 6Mo-5Yrs 11/1-12/6* 4:20-5 p.m. W \$109	

TINYTYKES SOCCER

TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, listening skills and teamwork of players ages 2-5. Challenger Sports' professional coaches will take your young player on a journey to imaginary destinations of dinosaurs, princesses, dragons and more through soccer, music, storytelling and games.

Challenger Sports	Wardlow Park
59346 2-3Yrs 9/13-11/1 9:15-10 a.m. W \$120	
59347 4-5Yrs 9/13-11/1 10:15-11 a.m. W \$120	

	College Estates Park
59439 3Yrs 6Mo-5Yrs 9/9-10/21 4:25-5 p.m. Sa \$162	

TOT & PRE-SOCCER

Enjoy running and kicking just like the big kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age-appropriate environment. Shin guards are required after the first meeting. Ages: 3 years, 6 months-5 years old. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer	College Estates Park
59439 3Yrs 6Mos-5Yrs 9/9-10/21 4:25-5 p.m. Sa \$162	

TOT SOCCER

Enjoy running and kicking just like the big kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age-appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Ages: 3 years, 6 months-4 years old.

Kidz Love Soccer	El Dorado Park West
59437 9/8-10/20 4:50-5:20 p.m. F \$162	
59438 9/9-10/21 10-10:30 a.m. Sa \$162	

LONG BEACH PARKS, RECREATION & MARINE

FREE MOBILE RECESS AGES 5-14



FREE ACTIVITIES for youth ages 5 to 14 (grades K-8) on neighborhood streets throughout the city. Participate in arts and crafts, fitness activities and homework help is available. There is no charge to participate and supplies and equipment will be provided at no cost.

#LBRECOVERS

FOR MORE INFORMATION, VISIT LBPARKS.ORG OR CALL 562.570-3153



CITY OF
LONG BEACH
RECOVERY ACT

YOUTH CLASSES

We offer classes that keep your youngster engaged while enhancing their abilities in music, dancing, math and reading, and a variety of fitness and sport offerings.

COOKING

ALL ABOUT DOUGH!

Students will gain hands-on experience creating a variety of goods and desserts. An intro course that teaches students "All About Dough!". Students will learn different methods used in creating breads, pastries, cookies, etc. We cover measuring ingredients, mixing, yeast development, kneading, flour/oil secrets, gluten and resting your dough, proofing, the straight dough method, how to divide, shape and bake. Come learn to make bread, pie, pretzels, pizza, ravioli, scones, tarts, cinnamon rolls, cookies, beignets, chicken pot pies, pastry pies and so much more! Ages: 8-15 years old. Material fee: \$60.

A Yummy Future		El Dorado Park West		
59239	9/9-9/30	4-5:30 p.m.	Sa	\$130
59240	10/7-10/28	4-5:30 p.m.	Sa	\$130
59241	11/4-11/25	4-5:30 p.m.	Sa	\$130

BASIC COOKING FOR KIDS



Students will receive hands-on training in a lecture and kitchen lab environment. Students will learn culinary terms and definitions, different cooking techniques, kitchen/food

safety, kitchen math, measuring, substitution, food preparation techniques, hand washing, knife safety and cutting techniques, table etiquette, and basic nutrition. We will cover sautéing, simmering, stir-fry and more your child will be able to name. Identify and properly operate kitchen tools and appliances. No experience needed, we start off with the basics from boiling water and cracking eggs and gradually increase to more advance culinary challenges like creating a chicken pot pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Ages: 7-12 years old. Material Fee \$60.

A Yummy Future		El Dorado Park West		
59242	9/9-9/30	1-2:15 p.m.	Sa	\$130
59243	10/7-10/28	1-2:15 p.m.	Sa	\$130
59244	11/4-11/25	1-2:15 p.m.	Sa	\$130

CAKE DESIGN

Make a big impression with a decorated mini cake. Learn to decorate using geometric patterns, metallic stripes, and more as you create small cakes that have big styles. Students will learn to spread frosting, fondant techniques, the basic of filling a piping bag and the different tips. Each week students will be given a theme to recreate on their own cake, include decorating a lady bug, minion, camp fire, aquarium, and more. This is an introductory course to cake design. No experience necessary. Cakes are 4-5 inch pre-made by a baker and available in regular & gluten free. Flavors include vanilla, chocolate and strawberry. Ages: 8-18 years old. Material Fee \$60.

A Yummy Future

59248	9/9-9/30	noon-12:45p.m.	Sa	\$120
59249	10/7-10/28	noon-12:45 p.m.	Sa	\$120
59250	11/4-11/25	noon-12:45 p.m.	Sa	\$120

DANCE

BALLET / TAP

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! Ages: 4-7 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/22 & 11/23.

Anne Pennypacker

		Marina Community Center		
59441	9/20-10/11	3-3:45 p.m.	W	\$68
59468	9/21-10/12	5:45-6:30 p.m.	Th	\$68
59465	10/18-11/8	3-3:45 p.m.	W	\$68
59469	10/19-11/9	5:45-6:30 p.m.	Th	\$68
59466	11/15-12/13*	3-3:45 p.m.	W	\$68
59467	11/16-12/14*	5:45-6:30 p.m.	Th	\$68

HIP HOP

A fast-paced class to get dancers on their feet and groovin'. Learn street-style dances and funky hip hop combinations to appropriate, upbeat music. Ages: 6-12 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/22.



Anne Pennypacker

		Marina Community Center		
59442	9/20-10/11	3:45-4:30 p.m.	W	\$68
59459	10/18-11/8	3:45-4:30 p.m.	W	\$68
59460	11/15-12/13*	3:45-4:30 p.m.	W	\$68

REGISTER ONLINE AT WWW.LBPARKS.ORG 9

JAZZ TAP

Learn the upbeat and lyrical moves of jazz in a fun routine and halfway through we'll shuffle our way into a fun tap dance! Dancers will learn turns, combinations, tap steps and more in this action packed class. Ages: 6-12 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/22.

Anne Pennypacker		Marina Community Center			
59443	9/21-10/12	4:15-5 p.m.	Th	\$68	
59461	10/19-11/9	4:15-5 p.m.	Th	\$68	
59462	11/16-12/14*	4:15-5 p.m.	Th	\$68	

LYRICAL

Learn to express emotions through the movement of the body in this inspirational dance class. Dancers will learn the continuation of movement with choreography that fuses flowing, modern movements together. Ages: 7-13 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/22.

Anne Pennypacker		Marina Community Center			
59470	9/20-10/11	5:15-6 p.m.	W	\$68	
59471	10/18-11/8	5:15-6 p.m.	W	\$68	
59472	11/15-12/13*	5:15-6 p.m.	W	\$68	

MEXICAN FOLKLORICO - BEGINNING

We will be learning dances from different regions of Mexico. This class will work on basic footwork for beginners to create a dance. Shows count as a class. Attire: closed toe shoes, sweatpants, shorts or skirts for flexibility as well as hair pulled back from face. Ages: 5-12 years old. *No class: 10/14.

Irene Portillo		Veterans Park			
59386	9/9-11/4*	9-9:45 a.m.	Sa	\$89	

MEXICAN FOLKLORICO - INTERMEDIATE

We will be learning dances from different regions of Mexico and Spain. This is a very fast paced intermediate class. Students must have some dance experience. Shows count as a class. Attire: closed toe shoes, sweatpants, shorts or skirts for flexibility as well as hair pulled back from face. Ages: 10-17 years old. *No class: 10/14.

Irene Portillo		Veterans Park			
59387	9/9-11/4*	11:30 a.m.-12:15 p.m.	Sa	\$89	

MUSICAL THEATRE

Calling all entertainers! Casting now- students interested in exploring dance, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Learn musical theatre dance styles while learning to connect acting and the emotions of the song to the choreography of the piece. Ages: 6-13 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/22.

Anne Pennypacker		Marina Community Center			
59444	9/20-10/11	4:30-5:15 p.m.	W	\$68	
59452	10/18-11/8	4:30-5:15 p.m.	W	\$68	
59453	11/15-12/13*	4:30-5:15 p.m.	W	\$68	

PRESCHOOL GYMNASTICS

This class is structured to introduce floor work such as bridge, cartwheels, frog stands and more. Gymnasts will improve strength, balance, and skills in this fun, fast-paced class! Ages: 4-7 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/23.

Anne Pennypacker		Marina Community Center			
59446	9/21-10/12	3:45-4:15 p.m.	Th	\$68	
59450	10/19-11/9	3:45-4:15 p.m.	Th	\$68	
59451	11/16-12/14*	3:45-4:15 p.m.	Th	\$68	

PRIMA BALLET

Bonjour ballerinas! Designed for dancers desiring a strong ballet foundation, this class will explore proper execution of footwork, piqués, pirouettes and more, learning a routine to perform. Ages: 6-12 years old. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/23.

Anne Pennypacker		Marina Community Center			
59447	9/21-10/12	5-5:45 p.m.	Th	\$68	
59454	10/19-11/9	5-5:45 p.m.	Th	\$68	
59455	11/16-12/14*	5-5:45 p.m.	Th	\$68	

ENRICHMENT

MATH DEVELOPMENT 2-6

Students skills gaps are identified through comprehensive testing. Teachers structure and implement a program to reinforce identified skills in addition, subtraction, multiplication, division, fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increase student confidence. For information call: (949) 263-0633. Testing and material fee: \$20. *No class: 9/11, 9/16, 10/31, 11/20-11/23. Monte Verde Park, 4626 Shadeway Rd., Lakewood. Mae Boyer Park, 6701 Del Amo Blvd., Lakewood. Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach.

Readwrite Educational Solution Inc.			Cherry Park	
Ages: 6-11 years old				
59617	9/12-10/5	5:15-6 p.m.	Tu Th	\$89
59618	10/10-11/7*	5:15-6 p.m.	Tu Th	\$89
59619	11/14-12/14*	5:15-6 p.m.	Tu Th	\$89

Long Beach Community Resource Center					
Ages: 6-11 years old					
59632	9/11-10/4	5:10-5:55 p.m.	M W	\$89	
59633	10/11-11/6	5:10-5:55 p.m.	M W	\$89	
59634	11/13-12/13*	5:10-5:55 p.m.	M W	\$89	

Monte Verde Park					
Ages: 6 years, 6 months-11 years old					
59602	9/11-9/27	5:10-5:55 p.m.	M W	\$67	

Mae Boyer Park					
Ages: 6 years, 6 months-11 years old					
59606	10/4-10/18	5:35-6:30 p.m.	M W	\$67	
59607	11/6-11/29*	5:10-5:55 p.m.	M W	\$67	



LONG BEACH PARKS, RECREATION & MARINE

YOUTH SPORTS PROGRAM

CITY OF
LONG
BEACH



COED AND BOYS FLAG FOOTBALL

COED AND GIRLS VOLLEYBALL



ADMIRAL KIDD PARK
1225 Santa Fe Ave.
562.570.1600

BIXBY PARK
130 Cherry Ave.
562.570.1601

CESAR E. CHAVEZ PARK
401 Golden Ave.
562.570.8890

CHERRY PARK
1901 E. 46th St.
562.570.1618

COLLEGE ESTATES PARK
808 Stevely Ave.
562.570.1711

COOLIDGE PARK
352 Neeces St.
562.570.1618

DRAKE PARK
951 Maine Ave.
562.570.1625

EL DORADO PARK WEST
2800 Studebaker Rd.
562.570.3225

HOUGHTON PARK
6301 Myrtle Ave.
562.570.1640

LINCOLN PARK
101 Pacific Ave.
562.570-3100

MACARTHUR PARK
1321 Anaheim St.
562.570.1655

MARTIN LUTHER KING JR. PARK
1950 Lemon Ave.
562.570.4405

MCBRIDE PARK
1550 M.L King Jr. Blvd.
562.570.1605

ORIZABA PARK
2937 E. 14th St.
562.570.1427

PAN AMERICAN PARK
5157 Centralia St.
562.570.1662

RAMONA PARK
3301 E. 65th St.
562.570.1665

SEASIDE PARK
14th St. at Chestnut Ave.
562.570.1625

SCHERER PARK
4600 Long Beach Blvd.
562.570.1674

STEARNS CHAMPIONS PARK
4520 E. 23rd St.
562.570.1685

SILVERADO PARK
1545 W. 31st St.
562.570.1675

SOMERSET PARK
1500 E. Carson St.
562.570.1690

VETERANS PARK
101 E. 28th St.
562.570.1695

WARDLOW PARK
3457 Stanbridge Ave.
562.570.1705

WHALEY PARK
5620 Atherton St.
562.570.1710

WRAP SITES 562.570.3530

BURBANK ELEMENTARY
501 Junipero Ave.

EDISON ELEMENTARY
625 Marine Ave.

GARFIELD ELEMENTARY
2240 Baltic Ave.

GRANT ELEMENTARY
1225 E. 64th St.

HERRERA ELEMENTARY
1620 Temple Ave.

HUDSON (KINDER-8)
2335 Webster Ave.

KING ELEMENTARY
145 E. Artesia Blvd.

LAFAYETTE ELEMENTARY
2445 Chestnut Ave.

Practices start September 11 • Games begin September 30
On-line registration July 31- September 2 • Walk-in registration ends September 1
Uniform fee: \$10 required upon registration • Scholarships available

The City of Long Beach Youth Sports Program is free to all participants and consists of a variety of sports opportunities throughout the year for boys and girls ages 5-14 years (born 2008-2018).

Participants register individually and are placed on teams at Long Beach parks. The six week season emphasizes fun and four pillars of sportsmanship: fundamentals, health and wellness and perseverance.

For more information, call the Long Beach Parks, Recreation & Marine Youth Sports Office at 562.570.1707. Visit us on our Sports Website @ teamsideline.com/longbeach. Click under Youth Sports for more information.

READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Special-ly-trained teachers test, structure and implement your child's program. For more information call: (949) 263-0633. Testing and material fee: \$20. Monte Verde Park, 4626 Shadeway Rd., Lakewood. Mae Boyer Park, 6701 Del Amo Blvd., Lakewood. *No class: 9/11, 9/16, 11/20 & 11/22.

Readwrite Ed. Solution Inc	Monte Verde Park
Ages: 6 years, 6 months-11 years old	
59601 9/11-9/27 4:20-5:05 p.m.	M W \$67

Readwrite Ed. Solution Inc.	Mae Boyer Park
Ages: 6 years, 6 months-11 years old	
59603 10/4-10/18 4:35-5:30 p.m.	M W \$67
59604 11/6-11/29* 4:20-5:05 p.m.	M W \$67

Readwrite Ed. Solution Inc.	LB Comm. Resource Ctr
Ages: 6-11 years old	
59629 9/11-10/4 4:20-5:05 p.m.	M W \$89
59630 10/11-11/6 4:20-5:05 p.m.	M W \$89
59631 11/13-12/13* 4:20-5:05 p.m.	M W \$89

READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Special-ly-trained teachers test, structure and implement your child's program. For more information call: (949) 263-0633. Ages: 4 years, 6 months-7 years old. Testing and material fee: \$20. Monte Verde Park, 4626 Shadeway Rd., Lakewood. Mae Boyer Park, 6701 Del Amo Blvd., Lakewood. *No class: 9/11, 9/16, 11/20 & 11/22.

Readwrite Ed Solution Inc	Monte Verde Park
59598 9/11-9/27* 3:35-4:30 p.m.	M W \$67

	Mae Boyer Park
59599 10/4-10/18 3:30-4:15 p.m.	M W \$67
59600 11/6-11/29* 3:30-4:15 p.m.	M W \$67

	Long Beach Community Resource Center
59626 9/11-10/4 3:30-4:15 p.m.	M W \$89
59627 10/11-11/6 3:30-4:15 p.m.	M W \$89
59628 11/13-12/13* 3:30-4:15 p.m.	M W \$89

READING DEVELOPMENT K-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Special-ly-trained teachers test, structure and implement your child's program. For more information call: (949) 263-0633. Ages: 5-11 years old. Testing and material fee: \$20. *No class: 10/31, 11/21 & 11/23.

Readwrite Educational Solution Inc.	Cherry Park
59614 9/12-10/5 4:25-5:10 p.m.	Tu Th \$89
59615 10/10-11/7* 4:25-5:10 p.m.	Tu Th \$89
59616 11/14-12/14* 4:25-5:10 p.m.	Tu Th \$89

READWRITE EN ESPAÑOL K-2ND GRADE

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Ages: 4 years, 6 months-7 years old. Material fee: \$20.

Readwrite Educational Solution Inc.	Cherry Park
59611 9/12-10/5 3:35-4:20 p.m.	Tu Th \$89
59612 10/10-11/7 3:35-4:20 p.m.	Tu Th \$89
59613 11/14-12/14 3:35-4:20 p.m.	Tu Th \$89

MUSIC

EXPLORING INSTRUMENTS



Want to play music, but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary.

Ages: 7-11 years old. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.	Jammin' Music
59270 9/6-10/11 4-4:50 p.m.	W \$90
59271 10/18-11/22 4-4:50 p.m.	W \$90

KEYBOARD KIDS

Children will be guided through a variety of fun and engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Ages: 5-6 years old. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.	Jammin' Music
59276 9/2-10/7 11-11:50 a.m.	Sa \$95
59277 10/14-11/18 11-11:50 a.m.	Sa \$95

SPORTS

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Ages: 7-16 years old. Material fee: \$20.

James Christian	Pan American Park
59350 9/10-10/8 noon-1 p.m.	Su \$60
59351 10/22-11/19 noon-1 p.m.	Su \$60



CITY OF LONG BEACH PARKS, RECREATION & MARINE

CITY OF
LONG
BEACH

Free After School Program

ages 5-12

Long Beach Parks, Recreation and Marine offers drop-in activities Monday through Friday at the following park sites. Programs include homework help, games, arts and crafts, tournaments, cooking, holiday celebrations and more.

To register call (562) 570-3150 or visit: LBParks.org for more information.

Bixby Park

130 Cherry Ave.
(562) 570-1601
M-F: 3-6 p.m.

Chavez Park

401 Golden Ave.
(562) 570-8890
M-F: 3-6 p.m.

College Estates Park

808 Stevely Ave.
(562) 570-1617
M-F: 2:30-5:30 p.m.

Coolidge Park

352 Neece Ave.
(562) 570-1618
M-F: 3-6 p.m.

Drake Park

951 Maine Ave.
(562) 570-1625
M-F: 3-6 p.m.

El Dorado West Park

2800 Studebaker Rd.
(562) 570-3225
M-F: 3-6 p.m.

Houghton Park

6301 Myrtle Ave.
(562) 570-1640
M-F: 3-6 p.m.

Mac Arthur Park

1321 Anaheim St.
(562) 570-1655
M-F: 2:30-5:30 p.m.

M.L. King Jr. Park

1950 Lemon Ave.
(562) 570-4405
M-F: 3-6 p.m.

McBride Park

1550 M.L.K. King Jr. Blvd.
(562) 570-1605
M-F: 3-6 p.m.

Orizaba Park

2937 E 14th St.
(562) 570-1427
M-F: 3-6 p.m.

Pan American Park

5157 Centralia St.
(562) 570-3297
M,Tu,W,F: 2:30-5:30 p.m.
Thursday: 1:30-5:30 p.m.

Ramona Park

3301 E. 65th St.
(562) 570-1665
M-F: 3-6 p.m.

Scherer Park

4600 Long Beach Blvd.
(562) 570-1674
M-F: 3-6 p.m.

Seaside Park

1401 Chestnut Ave.
(562) 572-5126
M-F: 3-6 p.m.

Silverado Park

1545 W. 31st St.
(562) 570-1675
M-F: 3-6 p.m.

Somerset Park

1500 E. Carson St.
(562) 570-1690
M-F: 3-6 p.m.

Stearns Champions Park

4520 E. 23rd St.
(562) 440-2867
M-F: 3-6 p.m.

Veterans Park

101 E. 28th St.
(562) 570-1695
M-F: 2:30-5:30 p.m.

Wardlow Park

3457 Stanbridge Ave.
(562) 570-1705
M-F: 3-6 p.m.

Whaley Park

5620 Atherton St.
(562) 570-1710
M-F: 2:30-5:30 p.m.

*Park locations and times
are subject to change

**BACK
TO SCHOOL**



SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. Using our professional curriculum, we focus on the whole player- teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages. Ages: 7-10 years old.

Skyhawks Sports Academy			Marina Vista Park		
59401	9/15-10/13	5:40-6:40 p.m.	F		\$119
59402	11/3-12/8	4:20-5 p.m.	F		\$109



JUJITSU

Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction with an instructor with 40 years of self defense experience. New students start first Monday or Wednesday of each month. Ages: 6-12 years old. www.LakewoodBudoKai.com. *No class: 11/22 & 11/24.

Russell Kelley			Stearns Champions Park		
59364	9/6-9/29	6-7 p.m.	M W F		\$45
59365	10/2-10/30	6-7 p.m.	M W F		\$45
59366	11/1-11/29*	6-7 p.m.	M W F		\$45

KARATE- SHOTOKAN

This traditional Japanese Karate retains all traditions of the ancient art. The philosophy and rules of karate will help children develop discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. Ages: 5-12 years old. *No class: 9/4.

Jony Martinez			Cesar Chavez Park		
59373	9/1-9/29*	6-7 p.m.	M W F		\$85
59374	10/2-10/30	6-7 p.m.	M W F		\$85
59375	11/1-11/29	6-7 p.m.	M W F		\$85

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. Shotokan style begins with humility. Shotokan is self defense karate and discipline of the mind. Students of any age will develop valuable self defense, self control and self discipline skills, improve concentration, coordination and focus. Ages: 5-17 years old. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size).

Antonio Silva			Bixby Park		
59403	9/1-9/30	6-7 p.m.	F Sa		\$50
59404	10/6-10/28	6-7 p.m.	F Sa		\$50
59405	11/3-11/25	6-7 p.m.	F Sa		\$50

TRADITIONAL KARATE - BEGINNING

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Ages: 5-16 years old. Material fee (new students): \$5.

David Crockett			El Dorado Park West		
58007	9/2-11/25	10-10:45 a.m.	Sa		\$140

TRADITIONAL KARATE - INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Intermediate class is for yellow belt 2-stripe and up. Ages: 5-18 years old. Material fee (new students): \$5.

David Crockett			El Dorado Park West		
58008	9/2-11/25	10:45-11:30 a.m.	Sa		\$155

PRE SOCCER

Enjoy running and kicking just like the big kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age-appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Ages: 4-5 years old.

Kidz Love Soccer			El Dorado Park West		
59431	9/8-10/20	3:20-3:55 p.m.	F		\$162
59432	9/9-10/21	10:35-11:10 a.m.	Sa		\$162

SKYHAWKS SOCCER

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. Ages: 6-8 years old.

Skyhawks Sports Academy			Marina Vista Park		
59400	9/13-10/11	5:40-6:20 p.m.	W		\$109

SOCCER 1- TECHNIQUES & TEAMWORK

Develop dribbling, passing, defense and shooting skills! Fun games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. Ages: 5-6 years old.

Kidz Love Soccer		El Dorado Park West			
59433	9/8-10/20	4-4:45 p.m.	F	\$162	
59434	9/9-10/21	11:15 a.m.-noon	Sa	\$162	
		College Estates Park			
59435	9/9-10/21	3:35-4:20 p.m.	Sa	\$162	

SOCCER 2- SKILLZ & SCRIMMAGES

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! Shin guards are required. All participants receive a Kidz Love Soccer jersey. Ages: 7-10 years old.

Kidz Love Soccer		College Estates Park			
59436	9/9-10/21	2:45-3:30 p.m.	Sa	\$162	

Long Beach Parks, Recreation & Marine
GET THE LATEST INFORMATION
Follow us on social media
@LONGBEACHPARKS



Parks • Classes • Aquatics
Marine Bureau • Park Programs
Animal Care Services and more
LBParks.org



LONG BEACH MUNICIPAL BAND

Thanks to our
2023 sponsors



Departments of:

- Parks, Recreation & Marine
- Energy Resources
- Port of Long Beach
- Environmental Services Bureau
- Partners of Parks
- Friends of the Long Beach Municipal Band



TEEN CLASSES

ART AND CULTURAL

CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, a list will be provided by the instructor. Ages: 16 years old and up. Material fee: \$32.

Anita Sinclair

59637	9/6-10/25	6-9 p.m.	W	\$62
59639	9/10-10/29	1:30-4:30 p.m.	Su	\$62
59638	9/11-10/30	9a.m.-noon	M	\$62
59640	11/1-11/22	6-9 p.m.	W	\$30
5964	11/5-11/26	1:30-4:30 p.m.	Su	\$30
59641	11/6-11/27	9 a.m.-noon	M	\$30

Bixby Park

ADVANCED CERAMICS WORKSHOP

In this advanced course we fire to cone 6. Experiment with additional materials and techniques not covered in the basic ceramics workshop. Work on self directed projects with guidance during this class. Supplies will be available for students who have developed technical sufficiency and have a desire to explore deeper into ceramic processes. Bring samples of work, notepad, pencil, your clay and tools and material fee to first class meeting. Ages: 16 years old and up. Material fee: \$32.

*No class: 11/23.

Anita Sinclair

59635	9/7-10/26	6-9 p.m.	Th	\$62
59636	11/2-11/30*	6-9 p.m.	Th	\$30

Bixby Park

DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. Learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more. Ages: 16 years old and up.

Anita Sinclair

59643	9/11-10/30	12:30-3:30 p.m.	M	\$62
59644	11/6-11/27	12:30-3:30 p.m.	M	\$30

Bixby Park

FAST QUILT RETREAT

An all day weekend retreat. Come Friday to set up. Then sew all day on Saturday and Sunday with friends. You can work on your own project or work on a class project. Ages: 16 years old and up.

Sandra Szladdek

59411	9/8	6:30-9 p.m.	F	\$60
	9/9-9/10	10 a.m.-10 p.m.	Sa Su	

Wardlow Park

OIL PAINTING

Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills. Ages: 16 years old and up.

Anita Sinclair

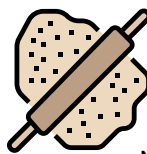
59645	9/10-10/29	10 a.m.-1 p.m.	Su	\$62
59646	11/5-11/26	10 a.m.-1 p.m.	Su	\$32

Bixby Park

COOKING

BASIC COOKING FOR TEENS

Receive hands-on training in a lecture/kitchen lab and learn culinary terms and definitions, kitchen/food safety, kitchen math, measuring, food preparation techniques, hand washing, knife safety, cutting techniques, table etiquette, basic nutrition, and substitution. We will cover sautéing, simmering, stir-fry and more. Learn to identify and operate kitchen tools and appliances.



No experience needed, we start off with the basics, boiling water and cracking eggs and increase to more advance culinary challenges like creating a chicken pot pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Ages: 13-18 years old. Class fee: \$130. Material Fee \$60.

A Yummy Future

59245	9/9-9/30	2:30-3:45 p.m.	Sa
59246	10/7-10/28	2:30-3:45 p.m.	Sa
59247	11/4-11/25	2:30-3:45 p.m.	Sa

El Dorado Park West

DANCE

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. Ages: 14 years old and up. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

Fahtiem

59358	9/11-10/9	6:15-7:15 p.m.	M	\$39
59359	9/11-10/9	7:30-8:30 p.m.	M	\$39
59360	9/11-10/9	8:45-9:45 p.m.	M	\$39
59361	10/23-11/20	6:15-7:15 p.m.	M	\$39
59362	10/23-11/20	7:30-8:30 p.m.	M	\$39
59363	10/23-11/20	8:45-9:45 p.m.	M	\$39

Wardlow Park

MEXICAN FOLKLORICO - ADVANCED

A very fast-paced class. We will be learning dances from different regions of Mexico. Shows count as a class. Girl students must have dance shoes, practice skirts, hair pulled back in a ponytail or bun. Boys must have dance boots and sweatpants for flexibility. No jeans. Ages: 14 years old and up. *No class: 10/14.

Irene Portillo Veterans Park
59385 9/9-11/4* 9:45-10:45 a.m. Sa \$89

MEXICAN FOLKLORICO - ADVANCED INTERMEDIATE

We will be learning dances from different regions of Mexico. Students must have the ability to learn to keep up with fast paced dance steps. Shows count as a class. Attire: closed toe shoes, sweatpants, shorts or skirts for flexibility as well as hair pulled back from face. Ages: 14 years old and up. *No class: 10/14.

Irene Portillo Veterans Park
59388 9/9-11/4* 10:45-11:30 a.m. Sa \$89

DOG TRAINING

DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

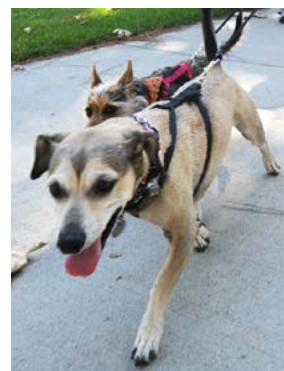
Help your dog become a well-behaved family member without the use of fear or intimidation (no choke chains/prong collars). Learn a variety of real-life rewards and

consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands and more! Ages: 10 years old and up. Dogs four months and older with current vaccines. Contact (714) 821-6622 or CrossroadsPetResort.com for more information. Material fee: \$10.

Crossroads Country Club Pet Resort Marina Vista Park
59594 9/9-10/7 9:30-10:30 a.m. Sa \$185
59595 10/21-11/18 9:30-10:30 a.m. Sa \$185

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714)821-6622 or CrossroadsPetResort.com. Material fee: \$10.



Crossroads Country Club Pet Resort Marina Vista Park
59596 9/9-10/7 10:30-11:30 a.m. Sa \$185
59597 10/21-11/18 10:30-11:30 a.m. Sa \$185



CITY OF LONG BEACH PARKS, RECREATION & MARINE

Teen Centers

CITY OF
LONG
BEACH

CHECK US OUT!



LOCATED AT:

ADMIRAL KIDD PARK
2125 Santa Fe Ave.

CESAR CHAVEZ PARK
401 Golden Ave.

**FREEMAN
COMMUNITY CENTER**
1205 Freeman Ave.

HOUGHTON PARK
6301 Myrtle Ave.

MCBRIDE PARK
1520 Martin Luther
King Jr. Ave.

SILVERADO PARK
1545 W. 31st St.

SIX SITES OFFER: RECREATIONAL ACTIVITIES · FITNESS CLASSES
VOLUNTEER OPPORTUNITIES · HOMEWORK ASSISTANCE · TOURNAMENTS

LBParks.org

ENRICHMENT

ONLINE DRIVERS EDUCATION

California required course to obtain a driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included. Ages: 14-18 years old. Class fee: \$40.

All Good Driving School Online Course

59154	9/1-9/30	Everyday/Anytime
59155	10/1-10/31	Everyday/Anytime
59156	11/1-11/30	Everyday/Anytime

FITNESS

40-30-20 INTERVAL TRAINING

Increase your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that give you lasting results. All fitness levels welcome. Bring mat. Ages: 16 years old and up. Optional one time equipment fee of up to \$35. Walk-in fee available. *No class: 10/9 & 11/20.

Tami Santy Recreation Park

59185	9/11-10/16*	6-6:45 p.m.	M	\$55
59186	10/23-11/27*	6-6:45 p.m.	M	\$55

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. We will use body weight, kettlebells, agility ladders, battle ropes, and other fitness toys - each workout is unique, challenging, and fun. All fitness levels welcome. Bring dumbbells and mat. Ages: 16 years old and up. Walk-in fee available. *No class: 10/12 & 11/23.

Tami Santy El Dorado Park West

59189	9/7-10/19*	6-6:45 p.m.	Th	\$66
59190	10/26-11/30*	6-6:45 p.m.	Th	\$55

YOGA WITH LACEY

This all levels, alignment-based yoga class will include various poses and movement focused on strength, stretch and balance. Breathing and relaxation techniques are used to link mind and body awareness. Ages: 16 years old and up. Please bring a yoga mat, two yoga blocks and yoga strap. Walk-in fee available.

Lacey Marsac Wardlow Park

59214	9/6-9/27	6:15-7:15 p.m.	W	\$40
59217	9/6-9/27	7:30-8:30 p.m.	W	\$40
59208	9/11-9/25	6:15-7:15 p.m.	M	\$30
59211	9/11-9/25	7:30-8:30 p.m.	M	\$30
59215	10/18-10/25	6:15-7:15 p.m.	W	\$20
59218	10/18-10/25	7:30-8:30 p.m.	W	\$20

18 REGISTER ONLINE AT WWW.LBPARKS.ORG

59209	10/23-10/30	6:15-7:15 p.m.	M	\$40
59212	10/23-10/30	7:30-8:30 p.m.	M	\$20
59210	11/6-11/27	6:15-7:15 p.m.	M	\$40
59213	11/6-11/27	7:30-8:30 p.m.	M	\$40
59216	11/1-11/29	6:15-7:15 p.m.	W	\$50
59219	11/1-11/29	7:30-8:30 p.m.	W	\$50

SPORTS

JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent with one-on-one instruction from an instructor with 40 years of self defense experience. Class is for beginners and advanced students. Ages: 13 years old and up. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 11/22 & 11/24.

Russell Kelley Stearns Champions Park

59367	9/6-9/29	7-8 p.m.	M W F	\$45
59368	10/2-10/30	7-8 p.m.	M W F	\$45
59369	11/1-11/29*	7-8 p.m.	M W F	\$45



KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack with one-on-one instruction from an instructor with 40 years of self-defense experience. Class is for beginners and advanced students. Ages: 13 years old and up. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 11/22 & 11/24.

Russell Kelley Stearns Champions Park

59370	9/6-9/29	8-9 p.m.	M W F	\$45
59371	10/2-10/30	8-9 p.m.	M W F	\$45
59372	11/1-11/29*	8-9 p.m.	M W F	\$45

KARATE - SHOTOKAN

Japanese Karate retains the traditions of this ancient art. The philosophy and rules of karate help develop discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. Ages: 12 years old and up. More information will be given during the first class. *No class: 9/4.

Jony Martinez Cesar Chavez Park

59376	9/1-9/29*	7:15-8:30 p.m.	M W F	\$85
59377	10/2-10/30	7:15-8:30 p.m.	M W F	\$85
59378	11/1-11/29	7:15-8:30 p.m.	M W F	\$85

ADULT CLASSES

ART AND CULTURAL

ADVANCED CERAMICS WORKSHOP

This is an advanced course. We fire to cone 6. Experiment with materials and techniques that are not covered in the basic ceramics workshop. Feel free to do self directed projects with guidance during this class section. Supplies will be available for students who have developed technical sufficiency and have a desire to explore deeper into ceramic processes. Bring samples of work, notepad, pencil, your clay and tools and material fee to first class meeting. Ages: 16 years old and up. Material fee: \$32. *No class: 11/23.

Anita Sinclair		Bixby Park	
59635	9/7-10/26	6-9 p.m.	Th \$62
59636	11/2-11/30*	6-9 p.m.	Th \$30

CERAMICS WORKSHOP



Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Ages: 16 years old and up. Material fee: \$32.

Anita Sinclair		Bixby Park	
59637	9/6-10/25	6-9 p.m.	W \$62
59639	9/10-10/29	1:30-4:30 p.m.	Su \$62
59638	9/11-10/30	9a.m.-noon	M \$62
59640	11/1-11/22	6-9 p.m.	W \$30
5964	11/5-11/26	1:30-4:30 p.m.	Su \$30
59641	11/6-11/27	9a.m.-noon	M \$30

DRAWING FUNDAMENTALS



Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more. Ages: 16 years old and up.

Anita Sinclair		Bixby Park	
59643	9/11-10/30	12:30-3:30 p.m.	M \$62
59644	11/6-11/27	12:30-3:30 p.m.	M \$30

FAST QUILT

Come join the fun! Fast Quilt consists of making quilts with a sewing machine. You can do your own thing or do the class project. This class is suitable for the beginner or more advanced. Material list at first class. You will need a sewing machine in good working condition. Ages: 18 years and up. *No class: 11/22.

Sandra Szladek		Wardlow Park	
59409	9/13-10/11	6:30-9 p.m.	W \$33
59410	10/18-11/29*	6:30-9 p.m.	W \$33

FAST QUILT RETREAT

An all day weekend retreat. Come Friday to set up. Then sew all day on Saturday and Sunday with friends. You can work on your own project or work on a class project. Ages: 16 years old and up.

Sandra Szladek		Wardlow Park	
59411	9/8	6:30-9 p.m.	F \$60
	9/9-9/10	10a.m.-10 p.m.	Sa Su

OIL PAINTING

Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills. Ages: 16 years old and up.

Anita Sinclair		Bixby Park	
59645	9/10-10/29	10 a.m.-1 p.m.	Su \$62
59646	11/5-11/26	10 a.m.-1 p.m.	Su \$32

DANCE



2 STEP & SWING

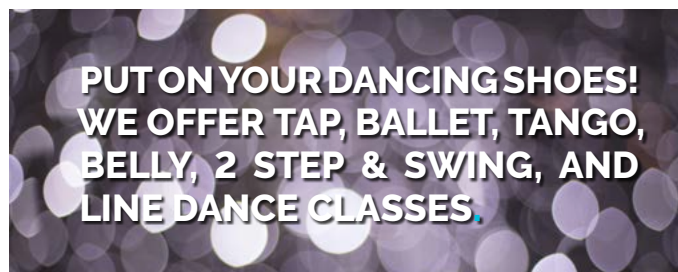
Grab your boots and learn the latest 2 step pattern- plus learn East Coast Swing moves. No partner or experience needed. Ages: 18 years old and up. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter		Weingart Senior Center	
59180	9/27-11/15	7-8 p.m.	W \$48

ADULT TAP

An amazing workout and fun at the same time! This class is for those who have wanted to tap or have had tap dancing before. Explore various styles of tap in fun routines. Ages: 18 years old and up. *No class: 11/23. Class held at Marina Community Center, 1.51 Marina Dr., Seal Beach.

Anne Pennypacker		Marina Community Center	
59440	9/21-10/12	7-7:45 p.m.	Th \$68
59448	10/19-11/9	7-7:45 p.m.	Th \$68
59449	11/16-12/14*	7-7:45 p.m.	Th \$68



ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Ages: 18 years old and up. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo		El Dorado Park West	
59345	9/1-9/29	10-11:15 a.m.	F \$5
59344	10/6-10/27	10-11:15 a.m.	F \$5
59343	11/3-11/24	10-11:15 a.m.	F \$5

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Ages: 18 years and up. Fee per person, per class. *No class: 9/15, 10/20 & 11/17.

Mildred Caudillo		Wardlow Park	
59342	9/1-9/29*	7-8 p.m.	F \$10
59341	10/6-10/27*	7-8 p.m.	F \$10
59340	11/3-11/10*	7-8 p.m.	F \$10

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. Ages: 14 years old and up. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

Fahtiem		Wardlow Park	
59358	9/11-10/9	6:15-7:15 p.m.	M \$39
59359	9/11-10/9	7:30-8:30 p.m.	M \$39
59360	9/11-10/9	8:45-9:45 p.m.	M \$39
59361	10/23-11/20	6:15-7:15 p.m.	M \$39
59362	10/23-11/20	7:30-8:30 p.m.	M \$39
59363	10/23-11/20	8:45-9:45 p.m.	M \$39

LINE DANCING

Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. Meet new people. No experience needed. Ages: 18 years and up. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter		Weingart Senior Center	
59181	9/27-11/15	6-7 p.m.	W \$48

DOG TRAINING

DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well-behaved family member without the use of fear or intimidation (no choke chains/prong collars). Learn a variety of real-life rewards and consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands used in real-life, and more! Ages: 10 years old and up. Dogs four months and older with current vaccines. Contact (714) 821-6622 or CrossroadsPetResort.com for more information. Material fee: \$10.

Crossroads Country Club Pet Resort Marina Vista Park			
59594	9/9-10/7	9:30-10:30 a.m.	Sa \$185
59595	10/21-11/18	9:30-10:30 a.m.	Sa \$185

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. Ages: 10 years old and up. For more information: (714) 821-6622 or CrossroadsPetResort.com. Material fee: \$10.

Crossroads Country Club Pet Resort Marina Vista Park			
59596	9/9-10/7	10:30-11:30 a.m.	Sa \$185
59597	10/21-11/18	10:30-11:30 a.m.	Sa \$185

FITNESS

40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Ages: 16 years old and up. Optional one time equipment fee of up to \$35. Walk-in fee available. *No class: 10/9 & 11/20.

Tami Santy		Recreation Park	
59185	9/11-10/16*	6-6:45 p.m.	M \$55
59186	10/23-11/27*	6-6:45 p.m.	M \$55

AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Ages: 18 years and up. Walk-in fee available.

*No class: 9/15, 10/13 & 11/24.

Tracey Wiltse

Recreation Park

59422	9/1-9/29*	8:30-9:30 a.m.	M W F	\$35
59423	10/2-10/30*	8:30-9:30 a.m.	M W F	\$35
59424	11/1-11/29*	8:30-9:30 a.m.	M W F	\$35

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. We will use body weight, kettlebells, agility ladders, battle ropes, and other fitness toys - each workout is unique, challenging, and fun. All fitness levels welcome. Bring dumbbells and mat. Ages: 16 years old and up. Walk-in fee available.

*No class: 10/12 & 11/23.

Tami Santy

El Dorado Park West

59189	9/7-10/19*	6-6:45 p.m.	Th	\$66
59190	10/26-11/30*	6-6:45 p.m.	Th	\$55

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. Ages: 18 years and up. All fitness levels. Bring mat, water and weights. Walk-in fee available.

Marilynn Bodnar

El Dorado Park West

59334	9/6-9/27	5:30-6:30 p.m.	M W	\$25
59335	10/2-10/30	5:30-6:30 p.m.	M W	\$25
59336	11/1-11/29	5:30-6:30 p.m.	M W	\$25

DANCE WITH CARMEN

A Dance class in Spanish! Have fun while you tone up and dance the stress away. Una clase de baile en Espanol! Diviertete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia

Silverado Park

59419	9/5-9/28	9-10 a.m.	Tu Th	\$2
59420	10/3-10/31	9-10 a.m.	Tu Th	\$2
59421	11/2-11/30	9-10 a.m.	Tu Th	\$2

MINDFULNESS TAI CHI & QIGONG

Enjoy a relaxing, centering, and energizing start to your weekend! Cultivate wellness and vitality while building your knowledge of these healing martial arts. Explore one new mindfulness technique per session. Each class illuminates a step on the path toward form mastery. Physically adaptive and emotionally safe instruction. Ages: 18 years and up. Walk-in fee available.

Richard Harvey

Bixby Park

59649	9/9-9/30	9:30-10:15 a.m.	Sa	\$50
59650	10/7-10/28	9:30-10:15 a.m.	Sa	\$50
59651	11/4-11/18	9:30-10:15 a.m.	Sa	\$38

TAI CHI & QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also enhances balance and memory. Ages: 18 years and up.

Howard Richner

Bixby Park

59389	8/31-10/5	7:30-9 p.m.	Th	\$70
59390	10/12-11/16	7:30-9 p.m.	Th	\$70

YOGA WITH LACEY

This all levels, alignment-based yoga class will include various poses and movement focused upon strength, stretch and balance. Breathing and relaxation techniques are also explored to link both mind and body awareness. Ages: 16 years old and up. Please bring a yoga mat, two yoga blocks and yoga strap. Walk-in fee available.

Lacey Marsac

Wardlow Park

59214	9/6-9/27	6:15-7:15 p.m.	W	\$40
59217	9/6-9/27	7:30-8:30 p.m.	W	\$40
59208	9/11-9/25	6:15-7:15 p.m.	M	\$30
59211	9/11-9/25	7:30-8:30 p.m.	M	\$30
59215	10/18-10/25	6:15-7:15 p.m.	W	\$20
59218	10/18-10/25	7:30-8:30 p.m.	W	\$20
59209	10/23-10/30	6:15-7:15 p.m.	M	\$40
59212	10/23-10/30	7:30-8:30 p.m.	M	\$20
59210	11/6-11/27	6:15-7:15 p.m.	M	\$40
59213	11/6-11/27	7:30-8:30 p.m.	M	\$40
59216	11/1-11/29	6:15-7:15 p.m.	W	\$50
59219	11/1-11/29	7:30-8:30 p.m.	W	\$50

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October class: 59309

November class: 59310



\$95 per class

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SPORTS

JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instruction with 40 years of self defense experience. Class is for beginners and advanced students. Ages: 13 years old and up. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 11/22 & 11/24.

Russell Kelley

59367 9/6-9/29
59368 10/2-10/30
59369 11/1-11/29*

Stearns Champions Park

7-8 p.m. M W F \$45
7-8 p.m. M W F \$45
7-8 p.m. M W F \$45

KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack from one-on-one instruction with 40 years of self-defense. Class is for beginners and advanced students. Ages: 13 years old and up. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 11/22 & 11/24.

Russell Kelley

59370 9/6-9/29
59371 10/2-10/30
59372 11/1-11/29*

Stearns Champions Park

8-9 p.m. M W F \$45
8-9 p.m. M W F \$45
8-9 p.m. M W F \$45

KARATE - SHOTOKAN

Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. Ages: 12 years old and up. More information will be given during the first class. *No class: 9/4.

Jony Martinez

59376 9/1-9/29*
59377 10/2-10/30
59378 11/1-11/29

Cesar Chavez Park

7:15-8:30 p.m. M W F \$85
7:15-8:30 p.m. M W F \$85
7:15-8:30 p.m. M W F \$85

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Ages: 18 years and up. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size).

Antonio Silva

59406 9/1-9/30
59407 10/6-10/28
59408 11/3-11/25

Bixby Park

7-8 p.m. F Sa \$50
7-8 p.m. F Sa \$50
7-8 p.m. F Sa \$50



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- Special Interest Groups
- Congregate Meals
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SENIOR CENTERS

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CESAR E. CHAVEZ PARK
401 Golden Ave.
(562) 570-8890

EL DORADO PARK WEST
2800 Studebaker Rd.
(562) 570-3227

HOUGHTON PARK
6301 Myrtle Ave.
(562) 570-1640

SILVERADO PARK
1545 W. 31st St.
(562) 570-1675

**MONDAY-FRIDAY 8:30 a.m.- 4:30
p.m. SATURDAY 10 a.m.- 2 p.m.**
LONG BEACH SENIOR CENTER

1150 E. 4th St.
(562) 570-3500

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ADULTS 50+ CLASSES

DANCE

SENIOR LINE DANCING

Have fun learning new dances each week. Great exercise dancing to all types of music. No experience needed. Come with a friend and meet new people. Ages: 50 years and up. Fee per person, per class. *No class 11/23 & 11/30.

Janet Karter		El Dorado Park West		
59182	9/7-9/28	1-2 p.m.	Th	\$5
59183	10/5-10/26	1-2 p.m.	Th	\$5
59184	11/2-11/16*	1-2 p.m.	Th	\$5

ROUND DANCE - INTERMEDIATE / ADVANCED

Intermediate/Advanced class consists of clinic on figures and choreography followed by cued round dances. Ages: 50 years and up. Fee per person, per class.

Edward Patrick		Long Beach Senior Center		
59157	9/11-9/25	7-9:30 p.m.	M	\$5
59158	10/2-10/30	7-9:30 p.m.	M	\$5
59159	11/6-11/27	7-9:30 p.m.	M	\$5

FITNESS

CHAIR BASED YOGA

Not your typical chair yoga class! Suitable for beginners as well as experienced yoga students, this class incorporates the use of a chair for various poses and movements. Meditation, breathing and relaxation techniques are also included. Please bring a yoga mat, 2 yoga blocks and yoga strap. Class held outside. Ages: 50 years and up. Walk-in fee available.

Lacey Marsac		Wardlow Park		
59199	9/11-9/25	11 a.m.-noon	M	\$30
59196	9/6-9/27	9-10 a.m.	W	\$40
59200	10/23-10/30	11 a.m.-noon	M	\$20
59197	10/18-10/25	9-10 a.m.	W	\$20
59201	11/6-11/27	11 a.m.-noon	M	\$40
59198	11/1-11/29	9-10 a.m.	W	\$50

SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Ages: 50 years and up. Fee per person, per class. *No class 9/4 & 11/23.

Sherrie Zachau		El Dorado Park West		
59173	9/7-9/28*	11 a.m.-noon	Tu Th	\$5
59174	10/3-10/31	11 a.m.-noon	Tu Th	\$5
59175	11/2-11/30*	11 a.m.-noon	Tu Th	\$5

ZUMBA® GOLD TONING

A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Ages: 50 years and up. Fee per person, per class.

Sherrie Zachau		El Dorado Park West		
59176	9/6-9/27	9-10 a.m.	W	\$5
59177	10/4-10/25	9-10 a.m.	W	\$5
59178	11/1-11/29	9-10 a.m.	W	\$5

FUNCTIONAL MOVEMENT, BALANCE & BRAINS

Join us for "adult recess" as we put the "fun" into our functional fitness! We will work to improve balance, stability, agility, and strength using our bodies, weights and games. Brain-training drills will help improve memory, problem solving, and mental acuity. We will boost our immunity by exercising our bodies, and improve our mental skills by exercising our brains. You will leave class feeling energized and strong. All fitness levels welcome. Instructor Tami Santy is certified by the Functional Aging Institute and ACE Fitness. Bring a mat and light dumbbells to class. Ages: 50 years and up. Class may be held outdoors. Fee per person, per class. *No class: 10/10, 10/12, 11/21 & 11/23.

Tami Santy		Wardlow Park		
59193	9/5-9/28	10:30-11:15 a.m.	Tu Th	\$5
59194	10/3-10/31*	10:30-11:15 a.m.	Tu Th	\$5
59195	11/2-11/30*	10:30-11:15 a.m.	Tu Th	\$5



GENTLE YOGA - ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Ages: 50 years and up. Fee per person, per class. *No class 9/4.

Silvana Behrens		Recreation Park		
59167	9/11-9/25*	9:45-11 a.m.	M	\$39
59168	10/2-10/30	9:45-11 a.m.	M	\$65
59169	11/6-11/27	9:45-11 a.m.	M	\$52

ZUMBA® GOLD

Shake your groove thang in Zumba Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold- if you are moving and smiling, you are doing it right. Ages: 50 years and up. Walk-in fee available. *No class: 9/2, 9/23 & 10/28.

Sabrina Thomas		Long Beach Senior Center	
59160	9/9-9/30*	10:30.-11:30 a.m. Sa	\$10
59161	10/7-10/21*	10:30-11:30 a.m. Sa	\$10
59162	11/4-11/25	10:30-11:30 a.m. Sa	\$10

ZUMBA® GOLD

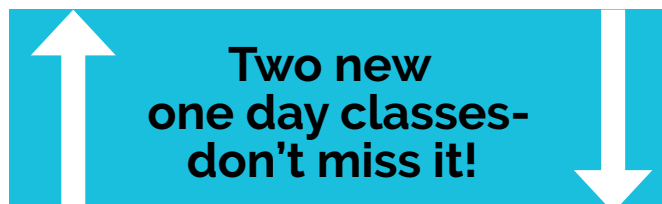
Come dance with me-bring water, a towel and a smile. Change your body, challenge your mind and have fun doing it! Dance your troubles away to various rhythms. Ages: 50 years and up. Walk-in fee available.

Adrianne Rosenfeld		Recreation Park	
59234	10/5-10/19	6-7 p.m. Th	\$15
59535	11/2-11/16*	6-7p.m. Th	\$15

ZUMBA® GOLD TURKEY BURN! NEW!

Dance off turkey dinner on Saturday! Bring 2lb weights, your mat, a towel, water and your smile! Belly dance skirt optional. Shake your groove thang and burn calories, and have fun burning off holiday stress with me! Call for more information at (562) 756-8345. Ages: 50 years and up. *Walk-in fee available.

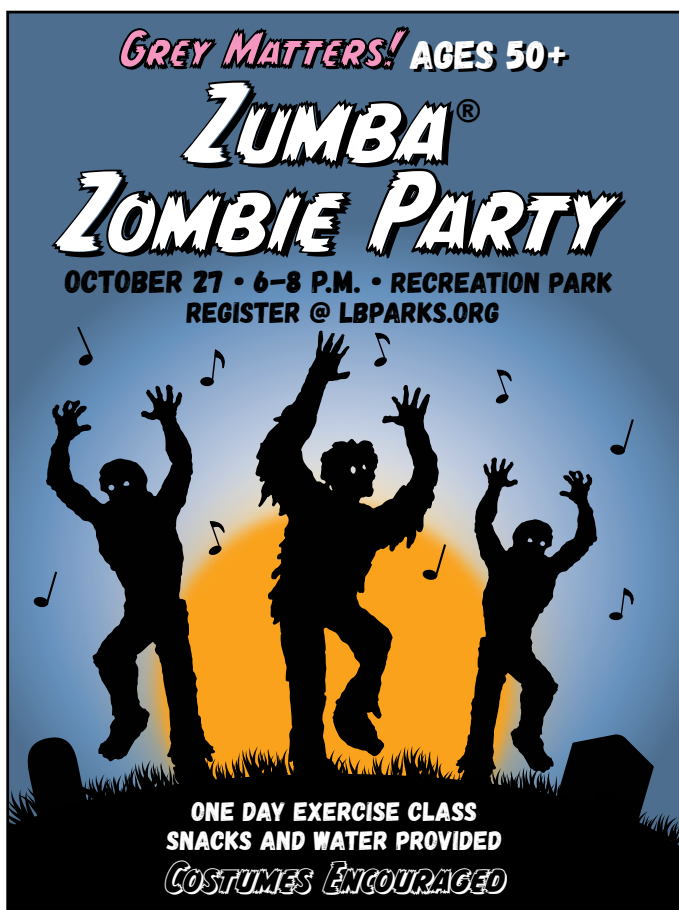
Sherrie Zachau		El Dorado Park West	
59179	11/25	11 a.m.-12:30 p.m. Sa	\$10



ZUMBA® ZOMBIE PARTY NEW!

Come join Sabrina and me for a ZUMBA ZOMBIE PARTY! Exercise, snacks, water and FUN! Costumes are encouraged. Ages: 50 years and up.

Adrianne Rosenfeld		Recreation Park	
59236	10/27	6-8p.m. F	\$20



ADULT SPORTS LEAGUES

ADULT BASEBALL



Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1725 or visit www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$100/team, per game. Limited space per season.

ADULT BASKETBALL



Register by team at the Sports Office or online at www.teamsideline.com/longbeach. Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Women's \$232 (8 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two are officials assigned to each basketball game (\$40/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1725 or visit: www.teamsideline.com/longbeach.

ADULT SOFTBALL

One official assigned, game day fee is \$17/team, per game. Visit: www.teamsideline.com/longbeach for information and registration.

WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed and men's leagues-16 player max. Team fee: \$450. Game day fees \$17/per team, per game. Call (562) 570-1725 or visit online for information.

WEEKEND SLOWPITCH LEAGUES - COED ONLY

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1725 or visit us online for more information.

SOFTBALL - AGES 55 & UP

Register for softball at the Sports Office for Saturday teams ages 55 and up. 12 games. Team fee: \$265. Game day fees \$15/per team, per game. Call (562) 570-1725 or visit us online for more information.

ADULT VOLLEYBALL



Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 6-12 players allowed on a team.

Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$20/ team, per match.

Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1725 or visit www.teamsideline.com/longbeach for more information.

EL DORADO NATURE CENTER

7550 East Spring Street

(562) 570-1745

www.longbeach.gov/naturecenter

NATURE CENTER HOURS Trails: Tuesday-Sunday 8 a.m.-5 p.m., Last entry 4:30 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a relaxing getaway. Visit the interactive, hands-on exhibits in the museum and gift shop after you walk the trails.

FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

EDUCATIONAL PROGRAMS

Pre-registration is required. Call (562) 570-1745.

YOUNG EXPLORERS TOUR

Is your scout, youth or homeschool group looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ - hour program. \$6 per person.



BEETLE BRIGADE



Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes, and colors around us. Ages 3-5. 1½ - hour program. \$5 per person.

DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. 2-hour program. Grades K-4, \$7 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program. In this hands-on, two-hour program at the beach, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. 2-hour program. \$8 per person.

PRESCHOOL PROGRAMS

Pre-registration is required at www.lb parks.org.

TAILS & TRAILS PARENT & ME WORKSHOPS

Ages: 2 - 5 years. 10-11:30 a.m. \$20 per class.

Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of stories, nature play, and outdoor exploration. Investigate the incredible, changing, natural world with your child, while discovering creatures large and small. Parent participation required.

59559 LITTLEST HUMMINGBIRDS

Sept 13



Spread your wings and let your spirit soar as we discover more about our tiny, bright, and brave hummers.

59560 NOCTURNAL BUDDIES

Oct 11

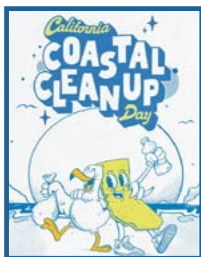


Trust your IN-STINKS! Join us as we explore the world of our local nighttime creatures. Nothing is im-POSSUM-ble!

59561 LEAVES ARE FALLING ALL AROUND! Nov 8
Orange, yellow, brown, and red. Let's find these colors on the trail ahead!

SPECIAL EVENTS

2023 CALIFORNIA COASTAL CLEANUP DAY



You can take an active role in keeping our coastline clean and healthy. Cleanups will take place at beaches throughout the city. For more information and group registration, call (562) 570-1745.

Saturday, September 23, 9 a.m. - noon.

HOWL-O-WEEEN FESTIVAL

Join us at the boo-tiful El Dorado Nature Center for a hare-raising good time as you trick-or-treat your way along the trails. Visit our animal education village or bounce yourself silly in the Ooh-possum Patch. There will be storytelling and face painting, food trucks and crafts. Parking is free, and a suggested donation of \$5 per person to support Partners of Parks/ Friends of El Dorado Nature Center at the gate. Dress as your favorite creature and come mingle with ours. See you there! Saturday, October 21, 2-6 p.m, Last Trail Entry-5 p.m.



CALIFORNIA NATIVE PLANT SALE



Enhance your garden, patio or balcony, while increasing habitat for wildlife! Select from hundreds of beautiful and beneficial California native plants.

November 7 -21 on Tuesdays, Thursdays, and Sundays, 10 a.m.-1 p.m. or while supplies last.

TELLABRATION

Come to the Nature Center to celebrate the power and wisdom of storytelling from the Long Beach Storytellers. Saturday, November 11, 7:30-9:30 p.m. Ages 12 & up. \$5 per person.

MORNING BIRD WALK

Pre-registration is required. Call (562) 570-1745.

Whether you're a new birder or want to sharpen your skills, join volunteers and staff for this morning walk through the Nature Center. Sundays, September 17, October 15, & November 19, 8 -10 a.m. Free program. Parking \$8.

VOLUNTEER OPPORTUNITIES

Pre-registration is required. Call (562) 570-1745.

If you're wanting to make a difference in the lives of plants, animals and people, you are warmly invited to participate in our volunteer opportunities. There's something for everyone; come once or as often as your schedule allows.

1ST SATURDAY STEWARDS

Help us maintain the beauty of the Nature Center by cleaning the stream, pulling weeds, clearing the trails or spreading mulch. Wear sturdy shoes. Rain cancels. Saturdays, September 2, October 7, November 4, 10 a.m. - noon.

3RD SATURDAY WETLAND WARRIOR CLEANUP AT JACK DUNSTER RESERVE

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team as we explore and help protect the critical habitat at Jack Dunster Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels. Saturdays, September 16, October 21, November 18, 10 a.m. - noon. Meet in the parking lot in front of the rowing center. Parking fee is waived.

4TH SATURDAY EL DORADO REGIONAL PARK CLEANUP

Join fellow park-lovers to clean up fishing line and other debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Saturdays, September 23, October 28, November 25, 9-10 a.m. Meet at the parking lot on the left just past El Dorado Frontier in Area III.

ADOPT-A-BEACH

Get directly involved in protecting our coastline! Any individual, family, civic or non-profit organization, business, etc. is eligible to join the Adopt-A-Beach program. We provide everything you need! Call El Dorado Nature Center at (562) 570-1745 to make arrangements or for more information.

EL DORADO EAST REGIONAL PARK

7550 Spring Street
(562) 570-1771

Park Hours: Fall/Winter: 7 a.m.-5 p.m.
November 1-February 28
Spring/Summer: 7 a.m.-8 p.m.
March 1-October 31



VEHICLE ENTRY FEES AND PASSES

VEHICLE ENTRY FEE:

- Cash or cards: M-Th: \$6 • F: \$7 • Sa and Su: \$8
Holidays: \$9
- School Buses: \$30 • Other buses: \$35 daily

ANNUAL PARKING PASSES

- General: \$65 each
- Seniors ages 50+/Disabled/Veterans Fee: \$40 each

Annual parking passes are available for purchase at the El Dorado Nature Center and the Parks and Recreation Administration Office, at 2760 Studebaker Road, M-F: 8 a.m.-4:30 p.m.

RESERVATIONS

Call to learn more about:

- Reservable Sites
- Special Events
- Company Picnics
- Weddings
- Annual Pass Sales
- Permits to Gather for groups of 25+*
- Youth Camping
- Fun Runs
- Fundraisers

Contact us at (562) 570-3111

**A Permit to Gather is required by the City of Long Beach for any group of 25 people or more and must be obtained before the event.*



AMENITIES AND SERVICES



- Archery range with target butts. Free archery classes on Saturdays. Contact El Dorado Archers at www.el-doradoarchers.com
- Bicycle Rentals-Wheel Fun rentals, call (805) 650-7770
- Bicycle trails-paved (over 4 miles)
- Dog Park
- Campground for Youth Groups
- The El Dorado Frontier. Visit: www.theeldoradofrontier.com for more information.
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Playgrounds

LONG BEACH ANIMAL CARE SERVICES

7700 East Spring Street • www.longbeach.gov/acs

24 Hour Emergency Service:

(562) 570-7387 Animal-related complaints/questions

GENERAL INFORMATION

Need to license your dog or cat? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt? Visit www.longbeach.gov/acs.

Bring home a new furry friend. Long Beach Animal Care Services (LBACS) has expanded its adoption hours, Wednesday-Friday, 10 a.m. to 4:30 p.m., and Saturday-Sunday, 10 a.m. to 3 p.m. Appointments are no longer required for adoptions; visitors may enter through the Animal Admissions entrance.

Animal-related complaints/questions (562) 570-7387.

SPAY/NEUTER INFORMATION

Local and state laws require all dogs over six months and cats over four months to be spayed or neutered.

SPAY/NEUTER VOUCHERS

Vouchers to assist with the cost of spaying or neutering your pet may be requested online. To qualify, proof of Long Beach, Signal Hill, Cerritos, or Los Alamitos residency must be presented. Visit www.longbeach.gov/acs for more information about spay/neuter assistance.

PET LICENSING

California law requires all cats and dogs over the age of four months be licensed as a rabies control measure. Ensuring your pet has a current license attached to its collar is your best insurance of having your pet returned to you in case they become lost.

PERKS OF LICENSING:

FAST TRACK Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.

FREE RIDE HOME Your pet gets a free ride home when it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter.

EXTENDED STAY When found, your licensed pet will be cared for at the Animal Shelter for a longer period of time (up to 10 days rather than five days) prior to being put up for adoption.

VACATION PET ALERT When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.

DOG TRAINING

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be your best friend.

PET LITERACY PROGRAM

Join the highly-rated Pet Literacy Program, which promotes humane treatment and the socialization of animals through reading out loud. This program improves the shelter environment for our guests, creates a connection between people and animals, promotes socialization, and prepares the animals in our care for adoption.

Schedule a self-guided tour to explore Long Beach Animal Care Services on Wednesdays through Saturdays from 10 a.m. - 3 p.m. Readers must be 15 years or older, or adults must accompany them. The program is unavailable Mondays, Tuesdays & Holidays.

CONNECT WITH US ON SOCIAL MEDIA

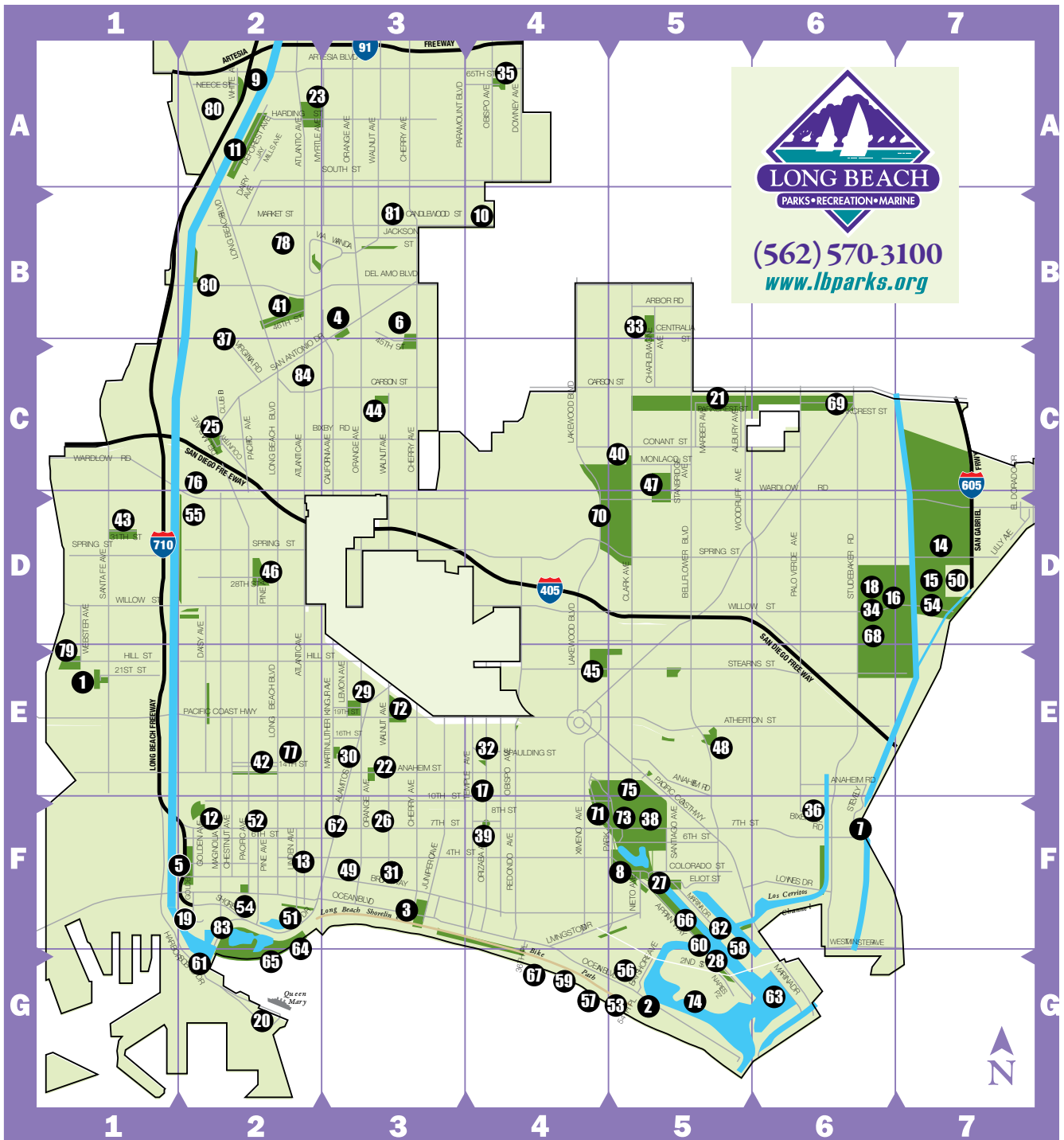


@LBAnimalCare
longbeach.gov/acs

**VISIT LONG BEACH
ANIMAL CARE SERVICES**
YOUR COMPASSION
SAVES LIVES!

TO ADOPT VISIT
LONGBEACH.GOV/ACS





Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: **1** – BALLFIELD; **2** – BASKETBALL; **3** – TENNIS; **4** – VOLLEYBALL; **5** – CENTER; **6** – PLAYGROUND; **7** – PICNIC AREA; **8** – POOL; **9** – SKATE PARK; **10** – GYM; **11** – ROLLER HOCKEY; **12** – DOG FACILITY; **13** – COMMUNITY GARDENS; **14** – SPORTS COURT; **15** – PICKLEBALL COURT **L** – LIGHTED; **LK** – LAKE; **R** – RESERVABLE COMMUNITY CENTER

PARK FACILITIES

E1	Admiral Kidd , 2125 Santa Fe Ave., 570-1600 · 12.29 acres	1L,2L,5R,6,7,14
C2	Baker Street , 625 Baker St., 570-3100 · 1.5 acres	6,7
G5	Bayshore , 5415 E. Ocean Blvd. · 1.24 acres	2,4,6,7,11,15
F3	Bixby , 130 Cherry Ave., 570-1601 · 17.79 acres	4,5R,6,7,9,12
B3	Bixby Knolls , 1000 San Antonio Dr., 570-1604 · 3.93 acres	4,5,6,7
F2	Cesar E. Chavez , 401 Golden Ave., 570-8890 · 33.22 acres	2L,5,6,7

6	B3 Cherry , 1901 E. 45th St., 570-1615 · 10.19 acres	1L, 2L,3L,5,6,7,11C,14
7	F6 College Estates , 808 Stevely Ave., 570-1617 · 2.30 acres	2,3,4,5R,6,7,14
8	F5 Colorado Lagoon , 5119 E. Colorado St. · 28.34 acres	6,7
9	A2 Coolidge , 352 E. Neece St., 570-1618 · 6.10 acres	1L,2L,4,5,6,7,12,14
26	F3 Craftsman Village Park , 850 Orange Ave., 570-3100 · .34 acres	6,7
10	B4 Davenport , (Ed "Pops"), 2910 E. 55th Way · 11.55 acres	2,6,7

11 A2	DeForest , 6255 DeForest Ave., 570-1620 · 49.99 acres	1L,2L,3L,4L,5,6,7
12 F2	Drake , 951 Maine Ave., 570-1625 · 6.63 acres	1L,2L,3L,4,5R,6,7,9,14
13 F2	East Village Arts , 150 Elm Ave. · .09 acres	
14 D7	El Dorado Regional East , 7550 E. Spring St., 570-1771 · 389.39 acres	6,7,13,LK
15 D7	El Dorado Nature Center , 7550 E. Spring St., 570-1745 · 97.88 acres	5,7,LK
16 D6	El Dorado West , 2800 Studebaker Rd., 570-3225	1L,2L,3L,4,5R,6,7,11,LK,14,15
77 E2	Fourteenth Street Park , 570-1608 · 2.24 acres	2,6,9
17 E4	Freeman Community Center , 1205 Freeman Ave., 570-8688 · .28 acres	
18 D6	Good Neighbor , 2800 Studebaker Rd. · .90 acres	
19 F2	Golden Shore Marine Biological Reserve , Golden Shore Ave. · 9.23 acres	
78 B2	Grace Park , Plymouth St. and Elm Ave., 570-3100 · 1.22 acres	
62 F3	Gumbiner Park , 880 E. 7th St., 570-3111 · .87 acres	6,7,9
20 G2	Harry Bridges Memorial at the Queen Mary , 1126 Queens Hwy. · 4.15 acres	7
21 C5	Heartwell , 5801 E. Parkcrest St., 570-1635 · 161.94 acres	1L,2L,5,6,7,11,LK,14
22 E3	Homeland Cultural Center , 1321 Anaheim St. at MacArthur Park, 570-1655	
23 A2	Houghton , 6301 Myrtle Ave., 570-1640 · 26.32 acres	1L,2L,3L,4,5R,6,7,9,14
79 E1	Hudson Park , 2335 Webster Ave., 570-3100 · 13.18 acres	1,6,7,14
24 F2	Lincoln (Civic Center) , Pacific Ave. and Broadway · 5.10 acres	12
56 G5	Long Beach Community Resource Center , 5365 E. 2nd St.	
25 C2	Los Cerritos , 3750 Del Mar Ave. · 8.48 acres	3L,6,7
22 E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 · 3.86 acres	1,2L,4,5R,6,7
27 F5	Marina Vista , Colorado St. and Santiago · 17.68 acres	1,3,6,7,14,15
28 G5	Marine (Mother's Beach), 5839 Appian Way · 9.31 acres	4,6,7
29 E3	King, Martin Luther Jr. Park , 1950 Lemon Ave., 570-4405 · 9.04 acres	1L,5R,6,7,8
30 E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 · 2.77 acres	2L,5R,6,7,10
31 F3	Miracle on 4th Street , 1518 E. 4th St. · .14 acres	7
30 A2	Molina, C.David Park , 4951 Oregon Ave., 570-3100 · 3.71 acres	1,6
32 E4	Orizaba , Orizaba Ave. and Spaulding St. · 4.14 acres	2,5,6,7,9
33 B5	Pan American , 5157 Centralia St., 570-1660 · 12.52 acres	1L,2L,4,5,6,7,10
34 D6	Parks, Recreation & Marine Administration , 2760 Studebaker Rd., 570-3100	
35 A4	Ramona , 3301 E. 65th St. 570-1665 · 727 acres	1L,2L,3L,4,5R,6,7,14
36 F6	Rancho Los Alamitos , 6400 Bixby Hill Rd., 431-3541 · 7.07 acres	7
37 B2	Rancho Los Cerritos , 4600 Virginia Rd., 206-2040 · 4.82 acres	7
38 F5	Recreation , 4900 E. 7th St., 570-1670 · 63.92 acres	1L,3L,4,5R, 6,7,12,15
39 F4	Rose , 8th St. and Orizaba Ave. · .75 acres	7
40 C5	Rosie the Riveter , Clark Ave. and Conant St. · 3.27 acres	
41 B2	Scherer , 4600 Long Beach Blvd., 570-1674 · 25.21 acres	1,2L,3L,4,5,6,7,12,LK
42 E2	Seaside , 14th St. at Chestnut · 2.43 acres	
43 D1	Silverado , 1545 W. 31st St., 570-1675 · 12.24 acres	1L,2L,3L,4,5R,6,7,9,10,12,14,LK
44 C3	Somerset , 1500 E. Carson St., 570-1690 · 4.0 acres	2L,3L,4,5,6,7,15
45 E4	Stearns Champions , 4520 E. 23rd St., 570-1685 · 26.53 acres	1L,2L,5R,6,7,14
46 D2	Veterans , 101 E. 28th St., 570-1695 · 14.63 acres	1L,2L,3L,4,5R,6,7,14
47 C5	Wardlow , 3457 Stanbridge Ave., 570-1706 · 15.18 acres	1,2L,4,5R,6,7,14
48 E5	Whaley , 5620 Atherton St., 570-1710 · 13.87 acres	1L,2L,4,5R,6,7,11,14

TEEN CENTERS

1 E1	Admiral Kidd Park Teen Center , 2125 Santa Fe Ave., 570-1600
5 F2	Cesar E. Chavez Park Teen Center , 401 Godden Ave., 570-8890
17 E4	Freeman Teen Center , 1205 Freeman Ave., 570-8688
23 A2	Houghton Park Teen Center , 6301 Myrtle Ave., 570-1640
30 E3	McBride Park Teen Center , 1550 M.L.King, Jr. Blvd., 570-1605
43 D1	Silverado Park Teen Center , 1545 West 31st St., 570-1675

SENIOR CENTERS

30 E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605
16 D6	El Dorado Park West Community Center , 2800 Studebaker Rd., 570-3227

84	C2	Expo Center, 4321 Atlantic Ave., 595-1665	
23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4 th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 W. 31 st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L,5,6,7

DOG FACILITIES

3 F3	Bixby Dog Park , 130 Cherry Ave. · .43 acres	12
9 A2	Coolidge Dog Park , 352 E. Neece St. · .25 acres	12
14 D7	El Dorado Dog Park , 7500 E. Spring St. · 1.5 acres	12
41 B2	Gayle Carter Dog Park , 4600 Long Beach Blvd. · .7 acres	12
31 B3	Jackson Street Dog Park , 1 Jackson St. · .14 acres	12
52 F2	K-9 Corner Dog Park , 9th and Pacific Ave. · .8 acres	12
24 F2	Lincoln Dog Park , 101 Pacific Ave. · .14 acres	12
54 F2	Pike Park , 195 W. Seaside Way, (west of Pine Avenue) · .18 acres	12
38 F5	Recreation Dog Park , 4900 E. 7th St. · 2.0 acres	12
53 G5	Rosie's Dog Beach , 1 S. Granada · 4.0 acres	12
51 F2	Seaside Dog Zone Park , Seaside Way at Linden Ave. · .45 acres	12
55 D2	Wrigley Heights Dog Park , 3401 Golden Ave. · 2.03 acres	12

AQUATIC AND BOATING FACILITIES/BEACHES

8	F5	Colorado Lagoon Wetland and Marine Sci. Ed. Center (Appian Way btwn Park and Colorado)
32	F5	Dunster Reserve , Boathouse Lane and Los Cerritos Channel · 3.22 acres
33	F2	Golden Shore Reserve , Golden Shore Ave South of Shoreline Dr. · 9.23 acres
57	G4	Launch Ramp – Claremont Launch Ramp , 5300 E. Ocean Blvd.
58	F5	Launch Ramp – Davies Launch Ramp , 6201 E. Second St. · 6.73 acres
59	G4	Launch Ramp – Granada Launch Ramp , 1 S. Granada Ave.
60	F5	Launch Ramp – Marine Stadium Launch Ramp , 5255 Paoli Way
61	G2	Launch Ramp – South Shore Launch Ramp , 590 Queensway Dr. · 6.49 acres
2	G5	Leeway Sailing and Aquatics Center , 5437 E. Ocean Blvd., 570-1719 · .66 acres
63	G6	Marina – Alamitos Bay Marina , 205 Marina Dr., 570-3215 · 359.39 acres
64	F2	Marina – Long Beach Shoreline Marina , 450 E. Shoreline Dr., 570-4950
65	G2	Marina – Rainbow Marina , 200-B Aquarium Way, 570-8636
66	F5	Marine Stadium , Appian Way (btwn 2 nd St. and Colorado St.) 570-3215
67	G4	Pool – Belmont Plaza Pool , 4000 Olympic Plaza, 570-1806
29	E3	Pool – Martin Luther King, Jr. Park Pool , 1910 Lemon Ave., 570-1718
43	D1	Pool – Silverado Park Pool , 1540 W. 32 nd St., 570-1721
8	F5	Model Boat Shop , 5119 E., Colorado St., 460-1720 (Summer Only)
28	G5	Mothers Beach (Marina Park) 5839 Appian Way

5,7

SPORTS FACILITIES

14	D7	Archery – El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf–El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf–Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 · 36.57 acres	5R
69	C6	Golf–Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf–Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf–Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf–Skylinks at LB Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling-Recreation Park, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field – Chittick Field, 1900 Walnut Ave., 570-1717 · 19.14 acres	1L
75	E5	Sports Field – Joe Rodgers Softball Stadium, 10th St. and Park Ave.	570-1725
73	F5	Tennis – Billie Jean King Tennis Center, 10th and Park Ave., 438-8509	3
16	D6	Tennis – El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	3
25	C2	Tennis – Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	3
74	G5	Tennis – Naples Tennis Courts, Tivoli Drive between St. Irmo Way and 2nd St.	3

HOMELAND CULTURAL CENTER

MacArthur Park, 1321 Anaheim Street
(562) 570-1655

Hours: Monday and Tuesday: 3-10 p.m.
Wednesday-Thursday: 3-9:30 p.m.
Closed Fridays
Saturday: 10 a.m.- 6 p.m.
Sunday: 9 a.m.-6 p.m.



Winner of Excellence California Park & Recreation Society. Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

CULTURAL PROGRAMS

Popping & Break Dancing Monday and Tuesday: 6-10 p.m.	Afrikan Drum/Dance Saturday: 10 a.m.-4 p.m.
AIM Urban Poetry Workshop Tuesday: 7-9 p.m.	Instant Band (Music Improvisations) Saturday: 4-6 p.m.
Drums Tuesday: 4-6 p.m.	Hmong Arts Sunday: 9 a.m.-2 p.m.
Aztec Dance Wednesday: 7-9 p.m.	Micronesian Arts Sunday: 2-6 p.m.
Bokator (Martial Arts) Thursday: 7-9 p.m.	Movie Makers Workshop Sunday: 1-3 p.m.



Parks, Recreation & Marine Department STRATEGIC PLAN

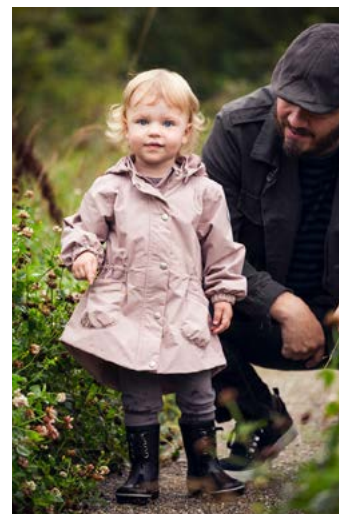
The Department's Strategic Plan will guide the operational, staffing and budget decisions from 2022 to 2032 and serve as a tool to adapt park services as the community's needs evolve. Visit <https://bit.ly/3x2L22R> to learn more.

#PARKSMAKELB

LONG BEACH PARKS, RECREATION & MARINE

Community Park Directory

HOURS OF OPERATION, RECREATION AMENITIES AND PROGRAMS



**ADULT SPORTS LEAGUES
AQUATICS AND POOLS
BASKETBALL COURTS
COMMUNITY CENTERS
DOG PARKS
FREE MOBILE RECESS
GOLF COURSES
NATURE CENTER
PLAYGROUNDS
SENIOR PROGRAMS
SKATE PARKS**









COMMUNITY PARK DIRECTORY

HOURS AND AMENITIES

Follow us on social media:

-  Facebook.com/LongBeachParks
-  Instagram.com/longbeachparks/
-  Twitter.com/LongBeachParks
-  Youtube.com/user/ParksLongBeach

1. ADMIRAL KIDD PARK

2125 Santa Fe Ave., (562) 570-1600
HOURS: Free Summer Fun Days, M-F: noon to 5 p.m. and Be SAFE Program; M-F: 5 to 8 p.m. Teen After School Programs, M-F, 3-7 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Soccer fields, basketball court, community center, fitness stations, picnic areas, playground

2. BAKER PARK

625 Baker St. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground, walking path

3. BAYSHORE PARK

5415 E. Ocean Blvd. (562) 570-3100
 day camps – (562) 570-1888.
HOURS: Summer Day Camp Program, M-F, 9 a.m. – 4 p.m.
AMENITIES: Basketball court, volleyball court, playground, pickleball court, roller hockey rink

4. BELMONT PLAZA POOL

4320 E. Olympic Plaza (562) 570-1806
 See page 44 and 45. Visit LBParks.org

5. BIRDCAGE PARK

6501 Parkcrest St. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

6. BIXBY PARK

130 Cherry Ave. (562) 570-1601
HOURS: After School Program, (Sept.– June), M-F: 3-6 p.m., Free Summer Fun Days, M-F: noon-5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.; Summer Day Camp Program, M-F, 9 a.m.-4 p.m.; Senior Fitness Classes (time vary); Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Basketball court, community center, fitness stations, playground, soccer fields

7. BIXBY KNOLLS PARK

1101 San Antonio Drive (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

8. OFFICER DARYLE W. BLACK MEMORIAL PARK

2023 Pasadena Ave. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

9. BURTON W. CHACE PARK

65 E. Market St. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

10. CHANNEL VIEW PARK

7th St.-Loynes Dr. at Los Cerritos channel (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground, walking path

11. CESAR E. CHAVEZ PARK

401 Golden Ave. (562) 570-8890
HOURS: After School Program (Sept.– June), M-F, 3-6 p.m.; Free Summer Fun Days, M-F: noon-5 p.m.; Teen Program, M-F, noon-6 p.m.; Senior program, M-F, 9 a.m.-2 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Community center, fitness stations, playground

12. CHERRY PARK

1901 E. 45th St. (562) 570-1615
HOURS: dawn to dusk; Youth Sports – visit LBParks.org.
AMENITIES: Ball hockey court, baseball fields, basketball court, community center, softball fields, tennis courts, playground, volleyball court

13. CHITTICK PARK

1900 Walnut Ave. (562) 570-3204
HOURS: dawn to 10 p.m.
AMENITIES: all weather track, football field, soccer field.



14. COLLEGE ESTATES PARK

808 Stevely Ave. (562) 570-1617
HOURS: After School Program, (Sept.- June), M-F: 2:30-5:30 p.m.; Free Summer Fun Days, M-F: 11 a.m.-5 p.m.; Summer Food Program. and Youth Sports – visit LBParks.org.
AMENITIES: Basketball and tennis courts, community center, playground

15. COOLIDGE PARK

352 E. Neece St. (562) 570-1618
HOURS: After School Program, (Sept.- June) M-F: 3-6 p.m., Free Summer Fun Days, M-F: noon-5 p.m.; Summer Food Program. and Youth Sports – visit LBParks.org.
AMENITIES: Basketball courts, community center, Dog Park, fitness equipment, playground

16. CRAFTSMAN VILLAGE PARK

851 Orange Ave. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

17. ED “POPS” DAVENPORT PARK

2910 East 55th Way (562) 570-1665
HOURS: dawn to dusk
AMENITIES: Basketball court, playground

18. DEFOREST PARK

6255 DeForest Ave. (562) 570-1620
HOURS: Camp Fire Day Camp call (562) 421-2725; Youth Sports – visit LBParks.org.
AMENITIES: Baseball, basketball, Conservation Corps Environment Education Center (562) 986-1249, fitness equipment, futbol courts, community center, nature trail, playground, soccer and softball fields, tennis court, volleyball court, wetlands

19. DRAKE PARK

951 Maine Ave. (562) 570-1625
HOURS: After School Program, (Sept.- June), M-F 3-6 p.m.; Free Summer Fun Days Program, M-F: 11 a.m.-5 p.m., and Be SAFE Program, M-F: 5-8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Soccer and softball fields, basketball court, community center, playground, handball courts, skate park, tennis court

20. DRAKE-CHAVEZ SOCCER FIELDS

903 Fairbanks Ave 562-570-3204
HOURS: dawn to dusk
AMENITIES: soccer fields

21. EL DORADO PARK WEST

2800 Studebaker Road (562) 570-3225
HOURS: After School Program (Sept.- June), M-F: 3-6 p.m., Free Summer Fun Days, M-F: noon.-5 p.m.; Summer Day Camp Program, M-F, 9 a.m.-4 p.m.; Senior Programs M-F, 9 a.m.-2 p.m.; Youth Sports
AMENITIES: Baseball, soccer and softball fields; basketball courts, community center, disc golf course, pickleball court, playground, multi use court skate park, Tennis Center





22. EL DORADO REGIONAL PARK AND NATURE CENTER

See page 26 and 27.

23. FELLOWSHIP PARK

434 E. Willow St. (562) 570-3100

HOURS: dawn to dusk

AMENITIES: Playground

24. FREEMAN CENTER

1205 Freeman Ave. (562) 570-8688

HOURS: Teen Program (Sept.-mid-June), M-F: 3-7 p.m.; Free Summer Teen Program, (mid-June- August) M-F: noon-6 p.m.

AMENITIES: Private outdoor basketball court, weight room

25. GRACE PARK

Elm Ave. & Plymouth St. (562) 570-3150

HOURS: dawn to dusk; Summer Food Program – visit LBParks.org.

AMENITIES: Playground, Community Garden

26. ROBERT GUMBINER PARK

880 E. 7th St. (562) 570-3100

HOURS: dawn to dusk

AMENITIES: Performance area, picnic area, playground, public art, skate plaza

27. HEARTWELL PARK

5801 E. Parkcrest St. (562) 570-1635

HOURS: dawn to dusk

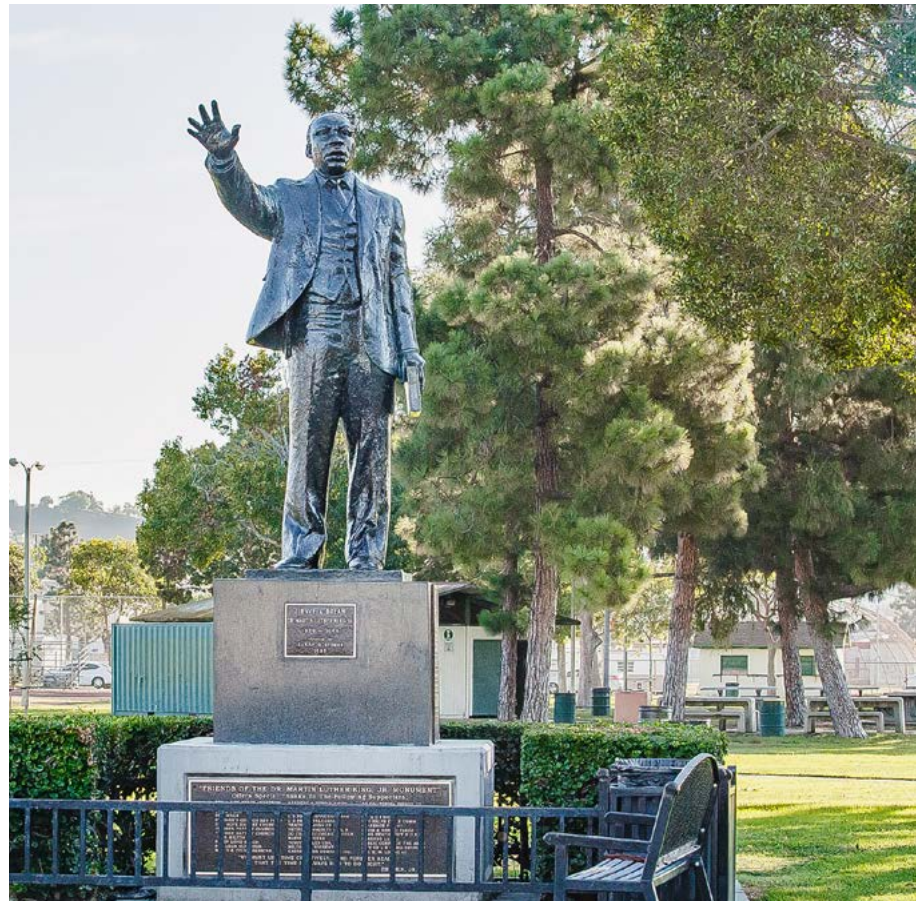
AMENITIES: Baseball, soccer and softball fields, basketball court, community center, golf course, playground

28. HOUGHTON PARK

6301 Myrtle Ave. (562) 570-1640

HOURS: Free Summer Fun Days, (mid-June-Aug) M-F: noon- 5 p.m. and Be SAFE Program, M-F: 5-8 p.m.; Summer Day Camp Program, M-F, 9 a.m.-4 p.m., Learning Hub (Sept.-mid-June), M-F, 3 a.m.-6 p.m.; Teen Program, M-F Noon-5 p.m.; Senior Program, 9 a.m.-2 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.

AMENITIES: Baseball fields, basketball courts, community center, fitness stations, playground, skate park, soccer fields, softball fields, tennis courts, weight room



cer fields, softball fields, tennis courts, weight room

29. HUDSON PARK

2335 Webster Ave. (562) 570-3100

HOURS: dawn to dusk

AMENITIES: Ballfields, sports court, picnic area, playground

30. JACKSON PARK

1432 Jackson St. (562) 570-3100

HOURS: dawn to dusk

AMENITIES: Dog Park – 1800 Jackson, Playground

31. KING, MARTIN LUTHER JR. PARK

1950 Lemon Ave. (562) 570-4405

HOURS: After School Program (Oct.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Be SAFE Program M-F: 5 to 8 p.m., Summer Camp Program, M-F: 9 a.m. to 4 p.m. and M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports–visit LBParks.org

AMENITIES: Baseball, soccer and softball fields; community center, playground, pool

32. KING PARK POOL

1910 Lemon Ave. 562-570-1718

See page 46-47. Visit LBParks.org

33. LEEWAY SAILING CENTER

5437 E. Ocean Blvd. 562-570-1719



34. LILLY PARK
32 Lilly Ave. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

35. LINCOLN PARK
101 Pacific Ave. (562) 570-1710
HOURS: dawn to dusk, Programs: Summer Food Program – visit LBParks.org.
AMENITIES: Basketball court, dog park, fitness equipment, playground, skate park, sports field

36. LIVINGSTON DRIVE PLAYGROUND
4700 Livingston Drive (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

37. LOCUST TOT LOT
2331 Locust Ave. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

38. LOMA VISTA PARK
1173 Loma Vista Drive (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

39. LONG BEACH SENIOR CENTER
1150 E. 4th St. (562) 570-3500
HOURS: M-F: 8 a.m. to 4:30 p.m., Sat.: 10 a.m.-4 p.m. Visit <https://bit.ly/3qn9Rmj> for program hours
AMENITIES: Fitness gym, Friendly Cup Café, library, thrift shop

40. LOS ALTOS PARK
4851 Stearns St. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

41. LOS ALTOS PLAZA PARK
5230 Anaheim Road (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Playground

42. LOS CERRITOS PARK
3750 Del Mar Ave. (562) 570-3150
HOURS: dawn to dusk
AMENITIES: Playground, Tennis Courts

43. MACARTHUR PARK

1321 Anaheim St. (562) 570-1655
HOURS: After School Program, (Oct.- June), M-F: 2:30-5:30 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Homeland: M-Th: 3 to 10 p.m.; Sat.: 10 a.m. to 6 p.m. Sun. 9 a.m. to 6 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Basketball court, community center, Gamboa Theater, Homeland Cultural Center, see page 28; playground

44. MARINA VISTA PARK

5355 Eliot St. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Soccer and softball fields, basketball and tennis courts, pickleball court, playground

45. MARINE (MOTHER'S BEACH) PARK

5839 Appian Way (562) 570-3100
HOURS: dawn to dusk
AMENITIES: volleyball courts, playground, picnic areas, swim areas

46. ERNEST MCBRIDE PARK

1550 Martin Luther King, Jr. Ave., (562) 570-1605
HOURS: After School Program (Sept.- June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: noon to 5 p.m.; Teen Center M-F, 3-7 p.m.; Teen Summer Program M-F, noon-6 p.m.; Senior Program, 9 a.m.- 2 p.m.; Gym Operation Program M-Th 5-8 p.m., Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Basketball court, community center, indoor basketball gym, playground, skate park, weight/fitness room

47. MIRACLE PARK

1518 E. 4th St. (562) 570-1787
HOURS: dawn to dusk
AMENITIES: Playground
PROGRAMS: Youth Sports

48. MOLINA, C DAVID PARK

4951 Oregon Ave. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Soccer field, fitness stations, playground

49. NAACP FREEDOM PARK

2300 Martin Luther King Jr. Ave. (562) 570-3100
HOURS: dawn to dusk
AMENITIES: Bike Path

50. ORIZABA PARK

1435 Orizaba Ave. (562) 570-1427
HOURS: Free Summer Fun Days (mid-June-Aug), M-F: noon-5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m.; Learning Hub After School Program (Sept.-mid-June), M-F, 3-6 p.m. Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Community center, fitness stations, playground, skate park



51. PAN AMERICAN PARK

5157 Centralia St. (562) 570-1660

HOURS: After School Program (Sept.-June), M-F: 2:30-5:30 p.m., Free Summer Fun Days M-F: 11 a.m. to 5 p.m. and Be SAFE Program M-F: 5 to 8 p.m.; Summer Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food and Youth Sports – visit LBParks.org.**AMENITIES:** Baseball and softball fields, basketball court, gym, playground**52. PEACE PARK**

1411 Atlantic Ave. (562) 570-3100

HOURS: dawn to dusk**AMENITIES:** Playground**53. PIKE PARK**

195 Seaside Way (562) 570-3100

HOURS: dawn to dusk**AMENITIES:** Benches, bike racks, dog park, fitness stations, playground slide**54. PROMENADE SQUARE**

215 E. First St. (562) 570-3150

HOURS: dawn to dusk**AMENITIES:** Playground**55. RAMONA PARK**

3301 East 65th St. (562) 570-1665

HOURS: After School Program (Sept. – June), M-F: 3-6 p.m.; Free Summer Fun Days M-F: 11 a.m. to 5 p.m. and Be SAFE Program M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.**AMENITIES:** Baseball, soccer and softball fields; basketball and tennis courts, community center, playground**56. RECREATION PARK**

4900 E. 7th St. (562) 570-1670

HOURS: dawn to dusk**AMENITIES:** Baseball stadium, band shell, dog park, tennis center, community center, fly casting pond, lawn bowling courts, volleyball court, pickleball court, picnic areas, playground**57. JENNI RIVERA MEMORIAL PARK**

2001 Walnut Ave. (562) 570-3100

HOURS: dawn to dusk**AMENITIES:** Playground**58. ROSIE THE RIVETER PARK**

Clark and Conant Ave. (562) 570-3100

AMENITIES: Benches, walking path with World War II local WASP, Rosie the Riveter history, Memorial Wall of local service members who have passed since 2001.**59. SCHERER PARK**

4600 Long Beach Blvd. (562) 570-1674

HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m. Summer Food Program; Youth Sports – visit LBParks.org.**AMENITIES:** Basketball court, community center, dog park, playground, tennis courts**60. SEASIDE PARK**

1401 Chestnut Ave. (562) 572.5126

HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.**AMENITIES:** Soccer fields, playground**61. SILVERADO PARK**

1545 West 31st St. (562) 570-1675

HOURS: After School Program (Sept.-June), M-F: 3-6 p.m., and Be SAFE Program (June-August) M-F: 5 to 8 p.m.; Summer Day Camp Program, (June-Aug)

M-F: 7 a.m. to 6 p.m.; Summer Fun Days, (June-Aug) noon-5 p.m.; Teen Program, (Sept-June) M-F, 3-7p.m. & (July-August) noon-6 p.m.; Senior Program, 9 a.m. to 2 p.m.; Open Gym (Sept-June), M-F: 5-8 p.m., (June-August) 5-8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.

AMENITIES: Baseball and softball fields, basketball and tennis courts, community center, playground, pool, skate park**62. SILVERADO PARK POOL**

1540 W 32nd St (562) 570-1721

See pages 48-49. Visit LBParks.org





63. SOMERSET PARK

1500 East Carson (562) 570-1690

HOURS: After School Program (Sept.- June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: noon to 5 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.

AMENITIES: Basketball court, community center, pickleball court, playground, tennis court

64. STEARNS CHAMPIONS PARK

4520 East 23rd St. (562) 570-1685

HOURS: After School Program (Sept.- June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program, Youth Sports – visit LBParks.org.

AMENITIES: Baseball and softball fields, community center, playground

65. VETERANS PARK

101 East 28th St. (562) 570-1695

HOURS: After School Program (Sept.- June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m., extended hours 7-9 a.m. and 4-6 p.m.; Learning Hub (Sept. – June), M-F, 2-6 p.m. to 5 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.

AMENITIES: Baseball field, basketball court, community center, playground, soccer and softball fields, tennis courts

66. WARDLOW PARK

3457 Stanbridge Ave. (562) 570-1705

HOURS: After School Program (Sept.- June), M-F: 3-6 p.m.; Summer Fun Days, M-F: noon to 5 p.m. Summer Day Camp

Program, M-F: 9 a.m. to 4 p.m.; Youth Sports – visit LBParks.org.

AMENITIES: Baseball, soccer and softball fields; basketball and all sport courts, community center, playground

67. WHALEY PARK

5620 Atherton St. (562) 570-3551

HOURS: After School Program (Sept.- June), M-F: 2:30-5:30 p.m.; Summer Fun Days, M-F: 11 a.m. to 5 p.m. Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.

AMENITIES: Baseball field, basketball court, community center, playground

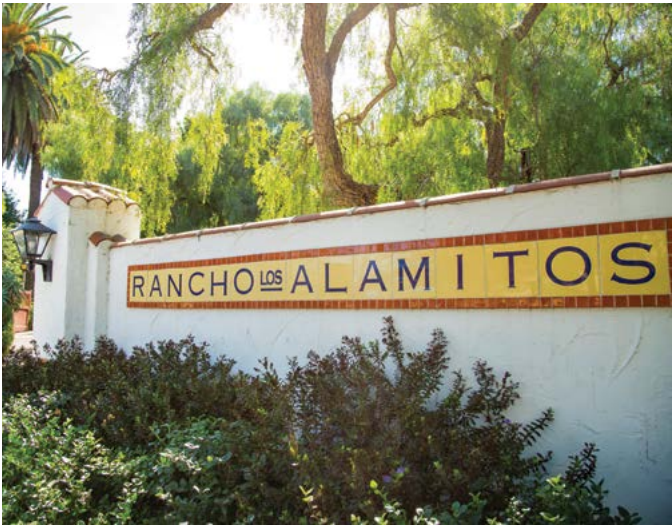
RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road
(562) 431-3541

www.RanchoLosAlamitos.org

PUBLIC HOURS: Wednesday-Sunday, 1-5 p.m.
(Entrance closes at 4:30 pm.)

Enter through Bixby Hill residential gate at Anaheim and Palo Verde. Free admission and parking.



The seven-and-a-half-acre historic site now known as Rancho Los Alamitos (RLA) sits atop the ancient Tongva-Gabrielino village of Povuu'ngna, meaning "the gathering place." As the sacred place of origin for the Tongva-Gabrielino people, it is one of the most significant indigenous sites in Southern California. With a documented history of human occupancy spanning over 7,000 years, the land has nurtured a great diversity of people and cultures. In 1968, the family of Fred and Florence Bixby, the site's most recent residents, gifted RLA to the City of Long Beach. It is twice listed on the National Register of Historic Places in addition to being a City of Long Beach Landmark.

The site features an adobe ranch house (constructed c.1800-1933), four acres of nationally significant gardens, and a barnyard populated with livestock, a rarity in urban Southern California. Interpretive programs for students, families, and adults promote inquiry, learning, and engagement. During your visit, wander garden trails, learn from knowledgeable docents and volunteers, meet the barnyard's resident livestock, and explore California history.

AUTUMN AT RANCHO LOS ALAMITOS

5TH ANNUAL RANCHOS WALK

Saturday, September 23

Explore Long Beach history by visiting both of the city's Ranchos in one day! Start at Rancho Los Cerritos and follow a 9-mile route to Rancho Los Alamitos or choose from 3- or 6-mile options. Enjoy a narrated audio tour along the route, a post-event celebration at Rancho Los Alamitos, and a free shuttle back to your car afterwards. For more details, please check our website.



VOLUNTEER OPPORTUNITIES

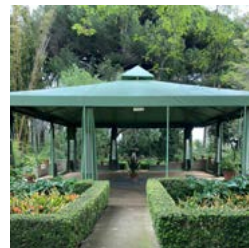
In addition to being a fascinating place to visit, the Rancho is a wonderful place to volunteer! Our volunteer service areas include gardening, public engagement, leading school field trips, and more. Assignments, time commitments, and training varies to suit your interests, talents, and needs. Join us! <https://rancholosalamitos.org/volunteer.html>.

FIELD TRIPS - VIRTUAL & IN-PERSON

The Rancho offers engaging school programs that complement California's history and social science curriculum. For third-grade classes, Tovaave: A Tongva Cultural Program, shares the vibrant culture and history of the Tongva, the indigenous people of the L.A. Basin. For fourth-grade classes, Footprints on the Land explores California history through the site's ranch house, gardens, and barnyard. Visit https://rancholosalamitos.org/school_tours.html or contact schools@RanchoLosAlamitos.org for more information.

Events and activities are subject to change. Please visit RanchoLosAlamitos.org for the latest information about all programs, events, and group tours.

HAVE YOUR NEXT EVENT HERE!



At Rancho Los Alamitos Historic Ranch and Gardens, the past connects to the present, and the tradition of gathering continues. Stroll through four acres of historically significant gardens, visit with our barnyard friends, and experience a new kind of meeting space. Enjoy the history and beauty of our historic site and plan your next event. We look forward to sharing our beautiful environment. For more information, contact Renée Barot at reeneb@rancholosalamitos.org.

RANCHO LOS CERRITOS HISTORIC SITE

4600 North Virginia Road

www.RanchoLosCerritos.org

(562) 206-2040

Public Hours: Wednesday-Sunday, 1-5 p.m.

Saturday, 10 a.m.- 5 p.m.

The site is closed on major holidays, including: September 4, November 11, November 23, November 24, December 24, December 25, & December 31. The site will also be closed to the public on September 16 for a ticketed event.

Free admission, tours, and parking.



Rancho Los Cerritos (RLC) is a 5-acre National, State, and Local Historic Landmark in the Bixby Knolls neighborhood that is operated by the Rancho Los Cerritos Foundation (non-profit organization) in a public/private partnership with the City of Long Beach. RLC includes an adobe home, historic gardens, rotating exhibitions, a research library, and archival collections. Visitors can learn about the site's history and the lives of people who have called this land home over time. In addition to guided and self-guided tours during public hours, RLC offers engaging experiences for people of all ages and volunteer opportunities for teens and adults. Check out our bird walks, holiday events, children's programs, field trips, and seasonal activities. The site can also be rented for private events. To stay up to date on the latest things #RLC, follow us on Facebook: /RanchoLosC, on Instagram: @RanchoLosCerritos, and on Twitter: @RanchoLosC.

RANCHO LOS CERRITOS: THEN & NOW

Exhibition runs June 25, 2023 – May 27, 2024

Discover the growth and evolution of Rancho Los Cerritos through historic and contemporary photographs in our recently installed exhibition, Rancho Los Cerritos: Then & Now. See how the Rancho has changed from its early days as a cattle ranch to its current status as a National Historic Landmark. Historic photos from the Rancho's archive and contemporary photos/artworks created for this exhibition explore the relationships among people, nature, and the land, taking visitors on an illuminating journey through the Rancho's fascinating history. Learn more at www.rancholoscerritos.org.

CRAFT BEER LB FEST

Saturday, September 16

Craft Beer LB Fest is the only festival in Long Beach to feature local Long Beach Breweries, Food & Artists. This is a FAMILY FRIENDLY event! Feel free to bring the kids, Rancho Los Cerritos (RLC) will provide some kid/family friendly activities. Learn more and purchase tickets at <https://craftbeerlbfest.com/>. RLC will be closed to the public for this ticketed event.

5TH ANNUAL RANCHOS WALK

Saturday, September 23

Explore Long Beach history by visiting both of the city's Ranchos in one day! Start at Rancho Los Cerritos and follow a 9-mile route to Rancho Los Alamitos, or choose from 3- or 6-mile options. Enjoy a narrated audio tour along the route, a post-event celebration at Rancho Los Alamitos, and a free shuttle back to your car afterwards. For more details, visit: www.RanchoLosCerritos.org.

HOME FOR THE HOLIDAYS

Sunday, December 10, 1-4 p.m.

Join us December 10 for a multicultural holiday celebration featuring traditional and contemporary festivities designed to delight guests of all ages! Explore the lavishly decorated adobe, and enjoy crafts, tours, photo opportunities, live music, and delicious holiday treats. The Museum Shop will also be open. For tickets and more details, please visit: www.RanchoLosCerritos.org.

PUBLIC BIRD WALK

September 14, October 12, November 9, December 14 at 8-9:30 a.m. Free.

RLC opens early for birders to enjoy the space on the second Thursday of each month. This is a guided walk with staff available to answer bird and nature-related questions. Please meet in the parking lot at 8 a.m. for a 90-minute stroll through the landscaped gardens. Participants are encouraged to bring binoculars, if you have them. Novice birders welcome. Rain cancels. RSVPs requested: www.rancholoscerritos.org/upcoming-events/.



TUESDAY STORYTIME

September 5, 12, 19, 26; October 3, 10, 17, 24, 31; November 7, 14, 21, 28; December 5, 12, 19, 26 at 10-10:30 a.m. Free. Join us on Tuesday mornings for Storytime! Our staff and volunteers have collected the best children's books to read to you and your young children. We sing songs too! This free program is open to all young children and their families. Participants are encouraged to bring strollers, blankets, and snacks. Rain or shine. RSVP appreciated: www.rancholoscerritos.org/upcoming-events/

¡LEAMOS! LET'S READ! - BILINGUAL STORYTIME

October 21, November 18, December 16 at 10-10:45 a.m. Free.

Join us on the third Saturday of most months, for stories in Spanish and English, plus a seasonal craft. Activities are geared for elementary-age children, but all are welcome. Families can also explore the site by taking a scavenger hunt or guided tour. RSVPs appreciated: www.rancholoscerritos.org/upcoming-events/



¡LEAMOS! LET'S READ! - STORYTIME BILINGÜE

Octubre 21, Noviembre 18, Diciembre 16 at 10-10:45 a.m. Gratis.

Visítenos el tercer sábado de octubre, noviembre y diciembre, para disfrutar de cuentos en español e inglés y un actividad de arte de la temporada. Los actividades se dirigen a niños de primaria, pero todos son bienvenidos. Las familias también pueden explorar el sitio con una búsqueda de tesoros o una visita guiada. Confirmaciones de asistencia son apreciadas: www.rancholoscerritos.org/upcoming-events/

VOLUNTEER OPPORTUNITIES

NEW VOLUNTEER OPEN HOUSE

Saturday, September 9 @ 10:30 a.m.

Become a Volunteer! Adults and teens who want to support their community are encouraged to attend our in-person Volunteer Open House on September 9. At RLC, volunteers can serve as greeters during public hours, lead guided tours and for school groups, and/or work behind the scenes in the gardens, with the archival collections, and in other departments. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information, or RSVP using the following link: www.rancholoscerritos.org/upcoming-events/

DOCENT TRAINING

Explore the history of the land and the people of the Rancho and learn how to guide visitors through the historic adobe home and gardens. House Docent, School Docent, and Garden Docent training courses are offered

in a hybrid mode, including virtual and in-person components. Fall training dates will be announced soon. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information.

FIELD TRIPS FOR YOUTH GROUPS



RANCHO ADVENTURE TOURS

Rancho Adventure tours encourage children to learn about daily life on a 19th century California ranch by exploring the 1844 adobe house, doing historic chores, and playing old-fashioned games. These fast-paced, highly interactive tours last approximately 90 minutes and can be scheduled during public hours for homeschoolers, scouts, and other groups of 6-30 elementary-aged children. The fee is \$5 per person. Please call (562) 206-2040 to schedule.



SITE RENTAL

Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos Historic Site. For pricing, dates, and other information, please contact the Special Events Coordinator at (562) 206-2055 or email Events@RanchoLosCerritos.org.

BELMONT PLAZA POOL

4320 East Olympic Plaza • (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80–82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. POOL CLOSED MONDAY, SEPTEMBER 4 (LABOR DAY); THURSDAY & FRIDAY, NOVEMBER 23-24 (THANKSGIVING).

OPEN SWIM FEES

Youth, ages 17 Yrs and under: \$1
Adults, ages 18-49 Yrs: \$4
Seniors, ages 50 Yrs and up: \$3

SWIM PASSES

Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees:

Youth-\$20
Adults-\$87
Seniors-\$58

Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M-F 5:30-9:30 a.m.
M/W/F 10 a.m.-2 p.m.
Tu/Th 11 a.m.-2 p.m.
Tu/Th 7-9 p.m.
Sa 8 a.m.-noon

ALL AGES RECREATION SWIM

Sa 1-3 p.m.
M/W 7-9 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at (562) 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp.

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Ages: 16 years old and up. Seniors 50+ are free with a Senior Fitness Pass which can be obtained at the pool office. Walk-in fee is \$6 per class for adults or \$42 for a fitness pass valid for 10 classes.

Shallow Water Exercise: M/W/F 11:10 a.m.-noon
Tu/Th 7:10-8 p.m.
Deep Water Exercise: M/W/F 10:10-11 a.m.

SWIM LESSONS:

Classes are held on Saturdays. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit LBParks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test.

REGISTRATION DATES

Lessons Starting Date: Registration Opens:
8/26-10/14 Sa 7/22/2023 @ 8 a.m.
10/21-12/9 Sa 9/23/2023 @ 8 a.m.

Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS – PARENT & CHILD

Skills taught in Parent & Child include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules. Ages: 6 months-3 years old. Class fee: \$55.
59294 8/26-10/14 11:30-11:55 a.m. Sa
59301 10/21-12/9 11:30-11:55 a.m. Sa

AQUATICS – PRE SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules. Ages: 3-5 years old. Class fee: \$55.

59289 8/26-10/14 9-9:25 a.m. Sa
59292 8/26-10/14 10:30-10:55 a.m. Sa
59296 10/21-12/9 9-9:25 a.m. Sa
59299 10/21-12/9 10:30 -10:55 a.m. Sa



AQUATICS – PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water. Ages: 3-5 years old. Class fee: \$55.
59290 8/26-10/14 9:30-9:55 a.m. Sa
59297 10/21-12/9 9:30-9:55 a.m. Sa

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules. Ages: 6-12 years old. Class fee: \$55.

59291	8/26-10/14	10-10:25 a.m.	Sa
59298	8/26-10/14	11-11:25 a.m.	Sa
59293	10/21-12/9	10-10:25 a.m.	Sa
59300	10/21-12/9	11-11:25 a.m.	Sa



AQUATICS - ADULTS

Skills taught in Adult class include: learning and building skill in front crawl, back crawl, breaststroke, and sidestroke. Ages: 13 years old and up. Class fee: \$65.

59288	8/26-10/14	8-8:50 a.m.	Sa
59295	10/21-12/9	8-8:50 a.m.	Sa

DON'T RISK A UTILITY SHUTOFF!

SHUTOFFS FOR NONPAYMENT RESUME

AUG. 15, 2023



Visit lbwater.org/billhelp // Call (562) 570-5700

LEEWAY SAILING CENTER

5437 E. Ocean Blvd. (562) 570-1719

GENERAL INFORMATION

Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. LEEWAY CLOSED SATURDAY, SEPTEMBER 2 – MONDAY, SEPTEMBER 4 (LABOR DAY HOLIDAY). CLOSED SATURDAY, NOVEMBER 25 (THANKSGIVING HOLIDAY).

BEGINNING SABOT SAILING (8' BOATS) 8 yrs & up

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary. Class fee: \$120. *No class on November 25.

59283	9/9-9/30	9 a.m.-noon	Sa
59284	10/7-10/28	9 a.m.-noon	Sa
59285	11/4-12/2*	9 a.m.-noon	Sa



READ OUR NEW STRATEGIC PLAN AT LBPARKS.ORG 47

KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 82-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED; SEPTEMBER 4 (LABOR DAY); THURSDAY AND FRIDAY, NOVEMBER 23-24 (THANKSGIVING) DECEMBER 4-17; CHRISTMAS DAY 12/25 AND NEW YEARS DAY 1/1/24.

OPEN SWIM FEES

Youth, ages 17 Yrs and under: \$1

Adults, ages 18-49 Yrs: \$3

Senior Citizens, ages 50 Yrs and up: \$2

SWIM PASSES

Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date.

Membership pass fees:

Youth-\$25

Adults-\$65

Seniors-\$40

Membership pass is valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu/Th/F: 6-8 a.m.

T/Th: 9-11 a.m.

T/Th/F: noon-2 p.m.

Sa-Su: noon-1 p.m.

ALL AGES RECREATION SWIM

T/Th/F: 2:30-4 p.m.

T/Th: 6:30-8 p.m.

Sa/Su: 1-3:15 p.m.

SWIMMING LESSONS:

Class options: Tuesday/Thursday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at King Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test.

REGISTRATION DATES

Lessons Starting Date: Registration Begins:

8/19-10/07 Sa 7/22 @ 8 a.m.

9/05-9/28 Tu/Th 8/22 @ 8 a.m.

10/03-10/26 Tu/Th 9/19 @ 8 a.m.

10/14-12/02 Sa 9/23 @ 8 a.m.

10/31-11/21 Tu/Th 10/17 @ 8 a.m.

Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels. Ages: 13 years old and up.

59041	8/19-10/07	9-9:50 a.m.	Sa	\$40
59063	9/05-9/28	5:30-6:20 p.m.	T/Th	\$40
59073	10/03-10/26	5:30-6:20 p.m.	T/Th	\$40
59077	10/14-12/02	9-9:50 a.m.	Sa	\$40
59099	10/31-11/21	5:30-6:20 p.m.	T/Th	\$35

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules. Ages: 6-12 years old.

59045	8/19-10/07	10-10:25 a.m.	Sa	\$32
59051	8/19-10/07	11-11:25 a.m.	Sa	\$32
59057	9/05-9/28	4-4:25 p.m.	T/Th	\$32
59067	10/03-10/26	4-4:25 p.m.	T/Th	\$32
59081	10/31-11/21	4-4:25 p.m.	T/Th	\$28
59087	10/14-12/02	11-11:25 a.m.	Sa	\$32
59090	10/14-12/02	10-10:25 a.m.	Sa	\$32

Love to swim?

Save money with a swim pass!

WATER EXERCISE CLASSES

Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Ages 16 & up. Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water: Tu/Th/F 6:30-7:20 a.m.

Shallow Water: M/W 6-6:50 p.m.

Tu/Th/F 8-8:50 a.m.

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules. Ages: 6-12 years old.

59055	8/19-10/07	11:30-11:55 a.m.	Sa	\$32
59059	9/05-9/28	4:30-4:55 p.m.	T/Th	\$32
59069	10/03-10/26	4:30-4:55 p.m.	T/Th	\$32
59091	10/14-12/02	11:30-11:55 a.m.	Sa	\$32
59095	10/31-11/21	4:30-4:55 p.m.	T/Th	\$28
59286	8/19-10/07	11-11:25 a.m.	Sa	\$32
59287	10/14-12/02	11-11:25 a.m.	Sa	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of the pool, introduction to butterfly, and water safety rules. Ages: 6-12 years old.

59052	8/19-10/07	11-11:25 a.m.	Sa	\$32
59064	9/05-9/28	5:30-5:55 p.m.	T/Th	\$32
59074	10/03-10/26	5:30-5:55 p.m.	T/Th	\$32
59088	10/14-12/02	11-11:25 a.m.	Sa	\$32
59100	10/31-11/21	5:30-5:55 p.m.	T/Th	\$28

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke. Ages: 6-12 years old.

59049	8/19-10/07	11:30-11:55 a.m.	Sa	\$32
59065	9/05-9/28	6-6:25 p.m.	T/Th	\$32
59075	10/03-10/26	6-6:25 p.m.	T/Th	\$32
59085	10/14-12/02	11:30-11:55 a.m.	Sa	\$32
59101	10/31-11/21	6-6:25 p.m.	T/Th	\$28

AQUATICS - LEVEL 5/6

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. Ages: 6-12 years old.

59046	8/19-10/07	11:30-11:55 a.m.	Sa	\$32
59061	9/05-9/28	5-5:25 p.m.	T/Th	\$32
59071	10/03-10/26	5-5:25 p.m.	T/Th	\$32
59082	10/14-12/02	11:30-11:55 a.m.	Sa	\$32
59097	10/31-11/21	5-5:25 p.m.	T/Th	\$28

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years old. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards. Ages: 9 months-3 years old.

59044	8/19-10/07	9:30-9:55 a.m.	Sa	\$32
59080	10/14-12/2	9:30-9:55 a.m.	Sa	\$32

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules. Ages: 3-5 years old.

59050	8/19-10/07	10:30-10:55 a.m.	Sa	\$32
59058	9/05-9/28	4-4:25 p.m.	T/Th	\$32
59068	10/03-10/26	4-4:25 p.m.	T/Th	\$32
59086	10/14-12/02	10:30-10:55 a.m.	Sa	\$32
59094	10/31-11/21	4-4:25 p.m.	T/Th	\$28
59102	9/05-9/28	6-6:25 p.m.	T/Th	\$32

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water. Ages: 3-5 years old.

59053	8/19-10/07	10-10:25 a.m.	Sa	\$32
59060	9/05-9/28	4:30-4:55 p.m.	T/Th	\$32
59070	10/03-10/26	4:30-4:55 p.m.	T/Th	\$32
59089	10/14-12/02	10-10:25 a.m.	Sa	\$32
59096	10/31-11/21	4:30-4:55 p.m.	T/Th	\$28

AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills. Ages: 3-5 years old.

59043	8/19-10/07	9-9:25 a.m.	Sa	\$32
59062	9/05-9/28	5-5:25 p.m.	T/Th	\$32
59072	10/03-10/26	5-4:55 p.m.	T/Th	\$32
59079	10/14-12/02	9-9:25 a.m.	Sa	\$32
59098	10/31-11/21	5-5:25 p.m.	T/Th	\$28

JR. GUARDS

Get started for a future job as a lifeguard. Learn swimming and lifeguarding skills. Must have level 5 swim skills (tryouts may be required). Please call the pool for more information. Ages: 6-11 years old.

59042	8/19-10/07	9-10 a.m.	Sa	\$32
59078	10/14-12/02	9-10 a.m.	Sa	\$32

SWIM TEAM

Practice with fellow swim mates and work on conditioning techniques and skill enhancement. Must have Level 5 swim skills and be between the ages of 11-16 years old. Please call the pool for additional information. Registration on site only. No online registration.

59232	8/19-10/07	10-11 a.m.	Sa	\$32
59233	10/14-12/02	10-11 a.m.	Sa	\$32

PRIVATE SWIM LESSONS

Instructor Sang Chuk has 15+ years of experience teaching. It does not matter if you have never stepped into a pool, you already can swim, or just need some stroke refinement. Private swim lessons by appointment only. \$150 for 5 lessons. 30 minutes per lesson. Send email to sang.chuk@aqua-time.net or text (562) 248-6538 to setup an appointment.

SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82-84 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED; SEPTEMBER 4 (LABOR DAY); THURSDAY AND FRIDAY, NOVEMBER 23-24 (THANKSGIVING) DECEMBER 17- JANUARY 3rd 2024.

OPEN SWIM FEES

Youth, ages 17 Yrs and under: \$1

Adults, ages 18-49 Yrs: \$3

Seniors ages 50 Yrs and up: \$2

*No refunds will be offered

SWIM PASSES

Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date.

Membership pass fees:

Youth-\$25

Adults-\$65

Seniors-\$40

Membership Pass valid for 25 visits. Fees may be subject to change.

Save money with a swim pass!

LAP SWIM

M/W/F: 6:30-10 a.m.

M/W: noon-1 p.m.

M/W: 7-8 p.m.

F: noon-3 p.m.

Sa: noon-1 p.m.

Su: 8-10 a.m.



ALL AGES RECREATION SWIM

Sa: 1-3:15 p.m.

WATER EXERCISE CLASSES

Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. This class is offered on an on-going basis. Don't miss the fun! Ages 16 & up. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults.

Deep Water: M/W/F/Su 10-10:50 a.m.

Shallow Water: M/W/F/Su 11-11:50 a.m.

50 REGISTER ONLINE AT WWW.LBPARKS.ORG

SWIMMING LESSONS

Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test.

REGISTRATION DATES

Lessons Starting Date: Registration Begins:

8/19-10/07 Sa 7/22 @ 8 a.m.

9/06-9/27 M/W 8/21 @ 8 a.m.

10/02-10/25 M/W 9/18 @ 8 a.m.

10/14-12/2 Sa 9/23 @ 8 a.m.

10/30-11/22 M/W 10/16 @ 8 a.m.

Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels. Ages: 13 years old and up.

58981 8/19-10/07 8-8:50 a.m. Sa \$40

58960 9/06-9/27 6-6:50 p.m. M/W \$35

59009 10/02-10/25 6-6:50 p.m. M/W \$40

58982 10/14-12/02 8-8:50 a.m. Sa \$40

58961 10/30-11/22 6-6:50 p.m. M/W \$40

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

Ages: 6-12 years old.

58962 10/2-10/25 4:30-4:55 p.m. M/W \$32

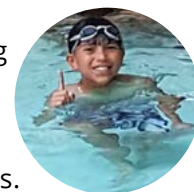
58963 10/30-11/22 4:30-4:55 p.m. M/W \$32

58972 10/02-10/25 5:30-5:55 p.m. M/W \$32

58973 10/30-11/22 5:30-5:55 p.m. M/W \$32

58983 8/19-10/07 10-10:25 a.m. Sa \$32

58984 8/19-10/07 11:30-11:55 a.m. Sa \$32



58985	10/14-12/02	10-10:25 a.m.	Sa	\$32
58986	10/14-12/02	11:30-11:55 a.m.	Sa	\$32
58997	8/19-10/07	11-11:25 a.m.	Sa	\$32
58998	10/14-12/2	11-11:25 a.m.	Sa	\$32
59010	9/06-9/27	4:30-4:55 p.m.	M/W	\$28
59015	9/06-9/27	5:30-5:55 p.m.	M/W	\$28

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules. Ages: 6-12 years old.

58987	8/19-10/07	10-10:25 a.m.	Sa	\$32
58988	8/19-10/07	11:30-11:55 a.m.	Sa	\$32
58989	10/14-12/2	10-10:25 a.m.	Sa	\$32
58990	10/14-12/2	11:30-11:55 a.m.	Sa	\$32
59011	9/6-9/27	4:30-4:55 p.m.	M/W	\$28
58964	10/2-10/25	4:30-4:55 p.m.	M/W	\$32
58965	10/30-12/2	4:30-4:55 p.m.	M/W	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of the pool, introduction to butterfly, and water safety rules. Ages: 6-12 years old.

58991	8/19-10/07	10:30-10:55 a.m.	Sa	\$32
59012	9/6-9/27	5-5:25 p.m.	M/W	\$28
58966	10/2-10/25	5-5:25 p.m.	MW	\$32
58992	10/14-12/2	10:30-10:55 a.m.	Sa	\$32
58967	10/30-11/22	5-5:25 p.m.	M/W	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke. Ages: 6-12 years old.

58993	8/19-10/07	10:30-10:55 a.m.	Sa	\$32
59013	9/6-9/27	5-5:25 p.m.	M/W	\$28
58968	10/2-10/25	5-5:25 p.m.	M/W	\$32
58994	10/14-12/2	10:30-10:55 a.m.	Sa	\$32
58969	10/30-11/22	5-5:25 p.m.	M/W	\$32

AQUATICS - LEVEL 5/6

Skills taught in Level 5/6 include: flip turns, treading water, and building endurance in front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and butterfly. Ages 6-12 years old.

58995	8/19-10/07	11-11:25 a.m.	Sa	\$32
59014	9/6-9/27	5:30-5:55 p.m.	M/W	\$28
58970	10/2-10/25	5:30-5:55 p.m.	M/W	\$32
58996	10/14-12/2	11-11:25 a.m.	Sa	\$32
58971	10/30-11/22	5:30-5:55 p.m.	M/W	\$32

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in

water, kicking feet, paddling arms, using kickboards. Ages: 9 months-3 years old.

58999	8/19-10/07	9-9:25 a.m.	Sa	\$32
59016	9/6-9/27	6-6:25 p.m.	M/W	\$28
58974	10/2-10/25	6-6:25 p.m.	M/W	\$32
59000	10/14-12/2	9-9:25 a.m.	Sa	\$32
58975	10/30-11/22	6-6:25 p.m.	M/W	\$32

AQUATICS - PRE-SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules. Ages 3-5 years old.

59001	8/19-10/07	9:30-9:55 a.m.	Sa	\$32
59002	8/19-10/07	11-11:25 a.m.	Sa	\$32
59003	10/14-12/02	9:30-9:55 a.m.	Sa	\$32
59004	10/14-12/02	11-11:25 a.m.	Sa	\$32
59017	9/6-9/27	4-4:25 p.m.	M/W	\$28
58976	10/2-10/25	4-4:25 p.m.	M/W	\$32
58977	10/30-11/22	4-4:25 p.m.	M/W	\$32

AQUATICS - PRE-SCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water. Ages: 3-5 years old.

59005	8/19-10/07	9:30-9:55 a.m.	Sa	\$32
59018	9/6-9/27	4-4:25 p.m.	M/W	\$28
58978	10/2-10/25	4-4:25 p.m.	M/W	\$32
59006	10/14-12/02	9:30-9:55 a.m.	Sa	\$32
58979	10/30-11/22	4-4:25 p.m.	M/W	\$32

AQUATICS - PRE-SCHOOL AQUATICS 3

Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills. Ages: 3-5 years old.

59007	8/19-10/07	10:30-10:55 a.m.	Sa	\$32
59019	9/6-9/27	5-5:25 p.m.	M/W	\$28
58980	10/2-10/25	5-5:25 p.m.	M/W	\$32
59008	10/14-12/2	10:30-10:55 a.m.	Sa	\$32



LEARN LIFEGUARD SKILLS IN JR GUARDS

JR. GUARDS

Get started for a future job as a lifeguard. Learn swimming and lifeguarding skills. Must have level 5 swim skills (tryouts may be required). Please call the pool for more information. Ages: 11-16 years old.

59151	8/19-10/07	9-10 a.m.	Sa	\$32
59152	10/14-12/02	9-10 a.m.	Sa	\$32

PRIVATE SWIM LESSONS

Instructor Sang Chuk has 15+ years of experience teaching. It does not matter if you have never stepped into a pool, you already can swim, or just need some stroke refinement. Private swim lessons by appointment only. \$150 for 5 lessons. 30 minutes per lesson. Send email to sang.chuk@aqua-time.net or text (562) 248-6538 to setup an appointment.

TENNIS

Billie Jean King, El Dorado Park Tennis Centers. Marina Vista, Los Cerritos, Naples, Scherer and Somerset Tennis Courts

We encourage everyone to REGISTER ONLINE at LB-Parks.org and click on the LB RecConnect link, then follow the directions. You can also use the standard Registration Form on the last page of this book, fill out the form with waiver signature and drop-off the correct payment and completed form at Billie Jean King Tennis Center or El Dorado Park Tennis Center. Please make checks payable to 'BRIDGE THE GAP TENNIS MGMT'. Students should wear tennis court-appropriate tennis shoes. PLEASE, NO BLACK-SOLED SHOES ALLOWED! Each participant is required to bring TWO (2) cans of NEW tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled. *NO CLASS ON THURSDAY, NOVEMBER 23.

Tennis court locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St., Scherer Park, 4600 Long Beach Blvd., Somerset Tennis Courts, 1500 E. Carson St.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Ages: 4-5 years old. Class fee: \$105. Group Lessons: Min 4/Max 12; 10 WEEKS.

Pros	El Dorado West			
59035 Beg	9/16-11/18	8:30-9 am	Sa	
59037 Beg	9/18-11/20	3-3:30 p.m.	M	
59039 Beg	9/22-11/24	3-3:30 p.m.	F	
Dubongo	Naples			
59036 Beg	9/16-11/18	9:30-10 a.m.	Sa	
Sena	Somerset			
59038 Beg	9/19-11/21	7-7:30 p.m.	Tu	
Nguyen	Billie Jean King			
59040 Beg	9/22-11/24	6-6:30 p.m.	F	

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke and movement drills will be taught in a fun-filled way. Ages: 5-7 years old. Group Lessons: Min 4/Max 12; 10 WEEKS.

Dubongo	Naples			
59026 Adv	9/16-11/18	9-9:30 a.m.	Sa	

Pros	El Dorado West			
59027 Beg	9/18-11/20	3:30-4 p.m.	M	
59028 Beg	9/19-11/21	4-4:30 p.m.	Tu	
59030 Beg	9/20-11/22	3:30-4 p.m.	W	
59031 Beg	9/22-11/24	3:30-4 p.m.	F	
Sena	Somerset			
59029 Beg	9/19-11/21	7:30-8 p.m.	Tu	
Nguyen	Billie Jean King			
59032 Beg	9/22-11/24	6:30-7 p.m.	F	

YOUTH



Students must possess the following skills before registering: (Beg) - no experience; (AdvBeg) - knowledge of ground strokes, grips and ready positions; (Int) - rules of the game, consistent ground stroke and serve. Class fee: \$130. Group Lessons: Min 4/Max 12; 10 WEEKS.*NO CLASS ON THURSDAY, NOVEMBER 23.

Pros	El Dorado West			
59109 Beg	7-10Yrs	9/16-11/18	9-10 a.m.	Sa
59104 AdvBeg	7-15Yrs	9/16-11/18	10-11a.m.	Sa
59111 Beg	7-15Yrs	9/18-11/20	4-5 p.m.	M
59120 Int/Adv	7-15Yrs	9/18-11/20	5-6 p.m.	M
59112 Beg	7-15Yrs	9/19-11/21	4:30-5:30 p.m.	Tu
59106 AdvBeg	7-15Yrs	9/19-11/21	5:30-6:30 p.m.	Tu
59113 Beg	7-15Yrs	9/20-11/22	4-5 p.m.	W
59107 AdvBeg	7-15Yrs	9/20-11/22	5-6 p.m.	W
59114 Beg	7-15Yrs	9/21-11/30*	4:30-5:30 p.m.	Th
59108 AdvBeg	7-15Yrs	9/21-11/30*	5:30-6:30 p.m.	Th
59116 Beg/AdvBeg	7-15Yrs	9/22-11/24	4-5 p.m.	F
59119 Int	7-15Yrs	9/22-11/24	5-6 p.m.	F

Sleigh	Los Cerritos			
59110 Beg	7-10Yrs	9/17-11/19	1-2 p.m.	Su
59105 AdvBeg	7-15Yrs	9/17-11/19	2-3 p.m.	Su

Dubongco	Somerset			
59118 Int	8-12Yrs	9/21-11/30*	7-8 p.m.	Th

Nguyen	Billie Jean King			
59115 Beg	7-15Yrs	9/22-11/24	7-8 p.m.	F

ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a fun skills test to determine if you are in the correct level. 16yrs & up; Min 6/Max 12; 10 WEEKS.

*NO CLASS ON THURSDAY, NOVEMBER 23.

Pastorini Marina Vista
59020 AdvBeg 9/21-11/30* 9-10 a.m. Th \$130

Dubongco Naples
59144 Int 9/16-11/18 10-11a.m. Sa \$130
59140 Adv 9/16-11/18 11a.m.-noon Sa \$130
59143 Beg 9/16-11/18 noon-1p.m. Sa \$130
59141 AdvBeg 9/16-11/18 1-2p.m. Sa \$130

Dubongco Somerset
59145 Int 9/21-11/30* 8:00-9p.m. Th \$130

Sena Somerset
59142 AdvBeg 9/19-11/21 8:00-9p.m. Tu \$130

Unger El Dorado West
59023 LowInt/Int 9/18-11/20 6-7:30p.m. M \$160
59021 Int/HighInt 9/20-11/22 7-8:30p.m. W \$160

Unger Scherer Park
59022 Int/HighInt 9/16-11/18 9:30-11a.m. Sa \$160

Pros El Dorado West
59131 Beg 9/17-11/19 8-9a.m. Su \$130
59122 AdvBeg 9/17-11/19 9-10a.m. Su \$130
59136 Int 9/17-11/19 10-11a.m. Su \$130
59132 Beg 9/18-11/20 7-8p.m. M \$130
59124 AdvBeg 9/18-11/20 8-9p.m. M \$130
59125 AdvBeg 9/19-11/21 9-10a.m. Tu \$130
59137 Int 9/19-11/21 10-11 a.m. Tu \$130
59126 AdvBeg 9/19-11/21 6:30-7:30p.m. Tu \$130
59138 Int 9/19-11/21 7:30-8:30p.m. Tu \$130
59133 Beg 9/20-11/22 9-10a.m. W \$130

59135 Beg/AdvBeg 9/20-11/22 10-11a.m. W \$130
59127 AdvBeg 9/20-11/22 7-8p.m. W \$130
59139 Int/Adv 9/20-11/22 8-9p.m. W \$130
59123 AdvBeg 9/21-11/30* 8-9a.m. Th \$130
59130 AdvBeg/Int 9/21-11/30* 9-10:30a.m. Th \$160
59128 AdvBeg 9/21-11/30* 6:30-7:30p.m. Th \$130
59121 Adv 9/21-11/30* 7:30-9p.m. Th \$160
59134 Beg 9/22-11/24 9-10a.m. F \$130
59129 AdvBeg 9/22-11/24 10-11a.m. F \$130

CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! Ages:16 years old and up. Open to all level of players. Class fee: \$130. Min 6/Max 12; 10 WEEKS.

Pros El Dorado West
59025 9/18-11/20 6-7p.m. M
59024 9/19-11/21 11a.m.-noon Tu
59146 9/20-11/22 6-7p.m. W

SENIOR CLASS

Special Rate for Senior Citizens! Experience all the health benefits that tennis has to offer. Tennis is a great way to HAVE FUN and improve motor skills, balance and coordination, build strength, develop endurance and meet new people. This is a class designed for our senior population, AGES 60+. Tennis is also a tremendously effective fitness activity for all seniors. ALL LEVELS WELCOME! Class fee: \$110. Min 4/Max 12; 10 WEEKS.

*NO CLASS ON THURSDAY, NOVEMBER 23.

Nguyen Billie Jean King
59033 9/16-11/18 11a.m.-noon Sa

Pros EL Dorado West
59034 9/21-11/30* 10:30-11:30a.m. Th
59166 9/22-11/24 6-7 p.m. F



BILLIE JEAN KING TENNIS CENTER

1040 PARK AVE. LONG BEACH, CA



Find us on Facebook and Instagram

FOR MORE INFORMATION CONTACT

VALTER PAIVA AT: (562) 266-8882

INFO@VALTERTENNIS.COM

WWW.VALTERTENNIS.COM



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BEGINNERS WELCOME

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For more information contact

Renee Corona (949) 344-0403



rc@sctennisacademy.com
www.sctennisacademy.com



SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **Bridge the Gap Tennis Management**. Mail immediately as classes fill up fast!
Send to: **Bridge the Gap Tennis**, 1040 Park Ave., Long Beach, CA 90804 or
drop off at BJK or El Dorado Pro Shops. For more information please call (562) 438-8509.

RESPONSIBLE PARTY _____

ADDRESS _____ **CITY/ZIP** _____

WORK PHONE _____ **HOME PHONE** _____

STUDENT NAME _____ **BIRTHDATE** _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and Bridge Enterprises, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/Bridge Enterprise's gross negligence. I understand that City and Bridge Enterprises provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ **DATE** _____

CLASS# **FEE** _____

CLASS NAME

CLASS# **FEE** _____

CLASS NAME

METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____

CREDIT CARD # _____ **EXP DATE** _____ **CCV CODE** _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.

LONG BEACH PARKS, RECREATION & MARINE

Park and Facility Reservations

Outdoor reservable sites, bandshells, community centers, sport fields, and swimming pools can make your next community gathering or family party a memorable occasion at Long Beach Parks, Recreation & Marine facilities.



PERMITS TO GATHER • COMMUNITY GROUP MEETINGS
COMPANY PICNICS • BIRTHDAY PARTIES
ANNIVERSARY CELEBRATIONS
WEDDINGS • BABY SHOWERS • QUINCEAÑERAS



For more information contact
Long Beach Parks, Recreation & Marine
Registration/Reservations Office at (562) 570-3111
2760 N. Studebaker Road
Monday-Friday from 8 a.m.-5 p.m.

All reservations are on a first come, first serve basis.
Please arrive no later than 4 p.m. to allow time to process the paperwork.



Scan the QR Code or visit LBParks.org.
Click on Facility Reservations Permits



REGISTRATION FORM

Please print and fill out completely

It's easy to register:



On Line: Register anytime.
Visit <http://activenet.active.com/lbparks>
or follow the link at www.lbparks.org.
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit
(or click submit and add family member
to register more people at the same address)



By Mail: Send completed form and
payment (include address,
phone number and class #(s)
on the check) to:
City of Long Beach,
2760 Studebaker Road,
Long Beach, Ca 90815



In person: Bring completed form
and payment to the office,
Monday-Friday 8 a.m.-5 p.m.
For more information call
(562) 570- 3111

Main Contact

☐ Check this box if address or phone number has changed.

Name: _____ Address: _____

City _____ Zip _____ Main Phone (_____) _____ Work Phone (_____) _____

Birth Date: _____ E-mail Address _____

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature _____ Date _____

Please list separately additional family members living with the Main Contact.

Last Name	First Name	Birthdate	Male/female circle one
1			M / F
2			M / F
3			M / F
4			M / F

Class #	Student Name	Class Name	Day(s)	Start Date	Time	Fee

Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 4-6 weeks for refunds.

Total \$

METHOD OF PAYMENT

☐ Check (payable to City of Long Beach include class #, complete address & phone #.) ☐ Money Order

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8 a.m.-5:00 p.m.

LONG BEACH PARKS, RECREATION & MARINE
2760 STUDEBAKER RD.
LONG BEACH, CA 90815



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